

PMH Simulation Reflection

Please reflect on your experiences in simulation this week and reply to each item below. You may add anything else you wish. Submissions should be a **minimum** of 300 words total.

- **Describe your feelings about your participation in the simulations this week.**
At first, I wasn't sure how it was going to go but I did really enjoy it and I feel like I learned a lot> It made me realized that they may be all psych patient's but the way you talk and interact with each patient is so different and I just feel like that is somewhat fascinating.
- **How did it go compared to what you expected it to be like?**
I honestly thought it was going to be boring, but it was actually very productive and overall, I feel like I learned a lot.
- **What went well?**
For me mostly it was communication because of course we haven't fully learned about all the different disorders because we haven't had lecture yet. But we really focused on therapeutic communication and how we talk to every patient without judgment and just being there for the patient emotionally as well as physically.
- **What could have gone better?**
Overall, it went very well. I think the only thing that could have been better is if we had already got to have a lecture, but it was still very helpful.
- **Reflect on the scenario in which you were in the role of the patient or family member.**
I was a patient that was experiencing mania, and it was a different experience. I had never really experienced anyone with mania like of course I have seen it in movies but as for in person I never have and honestly without the script I probably wouldn't have been able to play the part very well.
- **How did that experience affect you?**
It really opened up my eyes to the stigma on psych patients and now I really do have more sympathy for them and know that their problems matter too.
- **Did this week change the way you think about mental health? If so, how?**
Yes, it did. Pretty much what I said above just about the stigma and it just really showed how intense psych can be.
- **How will you use the knowledge gained from this experience in your practice as a registered nurse?**
It shows me not to pay attention to the stigmas and to care for every patient without judgement of their situation because you never know what someone is going through in their own head.