

## PMH Simulation Reflection

- Describe your feelings about your participation in the simulations this week.  
Sim this week left me with a better understanding of taking care of psychiatric patients. It helped me to feel the way they felt and acknowledge them as normal people just like we are.
- How did it go compared to what you expected it to be like?  
It was not as expected, it went better than what I expected it to be. I actually enjoyed sim this week and I think I have gained an interest in working with mental health patients.
- What went well?  
I think what went well in my scenario is that I was able to calm down the patient and get the patient to take the prescribed medication without causing further harm. I also learned how to use therapeutic communication.
- What could have gone better?  
One thing that could have gone better is knowing how to use therapeutic communication before we had sim. Overall it was a good experience.
- Reflect on the scenario in which you were in the role of the patient or family member. How did that experience affect you?  
When I was in the role of the patient I was nervous at first with her being suicidal but it helped me get a better understanding behind the reasoning of the patient doing it. These types of patients feel hollow inside and alone. It was good that the nurses had stayed with me during the whole time and helped me get the medications that were needed.
- Did this week change the way you think about mental health? If so, how?  
Yes, it changed the way I think about mental health because being in their shoes and seeing what they go through makes me want to be of better help. I now have an interest in serving the mental health community somehow. I am excited for my rotation at Oceans which I was a bit anxious about at first.
- How will you use the knowledge gained from this experience in your practice as a registered nurse?  
I will use this knowledge to treat my patient as a regular patient and not one with a mental illness that is stereotyped to being a bad patient. I was told to stay away from psychiatric patients that I wouldn't like nursing anymore but now I am having second thoughts.