

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.

I found PMH simulation to be very interesting and felt all the feelings leading up to my specific scenario. I felt nervous at the beginning of the day and even more anxious come my scenario. However, by the end of the clinical experience I felt I learned great therapeutic communication from my classmates along with great insight of what these patients may be experiencing from Dr. Harrison.

- How did it go compared to what you expected it to be like?

I felt it honestly went along with how I was feeling, that being a little uneasy. I think my partner and I definitely had intentions and the mindset of going into the scenario and presenting ourselves as calm and collected. However, it took me and my partner a little time to adjust and focus on what we needed to provide to our patient.

- What went well?

I think as time passed during the scenario I was able to gather my thoughts and refocus on what I could do to help treat my patient in that current situation. I feel the patient was hesitant to take her medication but with good patient education she seemed to want the help and understand what her medication would do for her. I also feel my partner and I helped deescalate the situation in a timely manner and confirmed the patient had no intentions of self harm/ harm of others.

- What could have gone better?

I feel I could have had better therapeutic communication with the patient in regard to acknowledging her delusion.

- Reflect on the scenario in which you were in the role of the patient or family member. How did that experience affect you?

I unfortunately did not get to play the role of the patient or family member in any of the scenarios, but looking from the outside in, I definitely felt the intensity of playing that role. It was interesting to see and I felt my classmates all did a really good job at putting the nurses under pressure and making them think on their feet.

- Did this week change the way you think about mental health? If so, how?

After researching stigmas in mental health, it really did open my eyes to see how important therapeutic communication can be and how patients can go unseen if we as nurses do not take the extra step in taking the time to truly look and listen to how the patients are feeling.

- How will you use the knowledge gained from this experience in your practice as a registered nurse?

I plan to work on communication skills with my patients I encounter and look past how they present just physically. I truly believe with repetition of tuning in and seeing how patients are feeling emotionally will make a big difference on how they move forward in treatment.