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.

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

·   What went well?

·   What could have gone better?

·   Reflect on the scenario in which you were in the role of the patient or family member. How did that experience affect you? <mark>I only acted as the nurse</mark>

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

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

I had a very enjoyable experience while in the simulation center. Hannah and I were the nurses helping a patient with severe anxiety. I was able to complete an anxiety scale, describe non-pharmacological breathing methods, and call the doctor to get an anxiety medication prescribed to ease the difficult time my patient was going through. Before walking into the simulation, I expected a patient that could not be calmed down, bouncing off the walls, and not willing to listen to what Hannah and I had to say. However, I realized my mind went to the extreme when my patient just needed help and guidance to calm her nerves. I believe the entire simulation went well. Hannah and I walked into the scenario, introduced ourselves and got to work making our patient feel safe and less anxious. One instance I would have changed is telling my patient before I walked out the door that I had other patients to see, but I would check on her in 30 minutes. Looking back, this patient was very anxious and just needed someone there with her. As an efficient nurse, I would stay with that patient for as long as she needed to feel more comfortable in a scary environment rather than making an excuse of other patients needing me. This experience not only changed the way I perceived taking care of a very anxious patient, but it showed me to always walk into a patient's room with ease and kindness because you never know what trauma that patient has gone through before sitting in that hospital bed. In the end, this week did change the way I think about

mental health because every patient no matter the diagnosis will go through difficult times that can have a negative affect on their mental health, but this knowledge will make me an efficient nurse by showing me that kindness and compassion goes a long way even when that patient doesn't show gratitude.