

PMH Simulation Reflection

I feel like my participation in the simulation this week could have been better since I had moments where I just froze because I didn't know what to do or how to respond to the patient. During those moments I would end up disengaging from the patient because I was stuck in my own head trying to figure out the best response, rather than taking the time to really hear what the patient was trying to convey. The simulation was a little different than I thought it would be since I only had experience with scenarios regarding medical and physical health, so it was definitely a huge learning curve in regard to that. It was also different in the number of variables that were present and the curveballs that were presented that definitely threw off my game plan from the start. Alongside this, I think my secondary nurse stepping in during the times I froze, went very well since she was able to pick up and de-escalate the patient when it felt like I was at a loss of words. I think my use of therapeutic communication could have been better, along with finding more non-pharmacologic interventions to help put the patient's mind at ease. I also could have done a better job during my SBAR with the doctor and remembering the safety aspects that are necessary to keep staff, the patient, and others safe in PMH. My experience as the nurse affected me by putting into perspective how difficult it can be to stick to the game plan when a patient's mood is becoming labile. This week also swayed the way that I thought about mental health to a certain extent by making me reflect on my personal experiences with mental illness. It also opened my eyes to personal biases I may have and the importance of acknowledging and changing those to better help my patients. I will try to apply the experience from this week's simulation lab to remember the importance of taking the time to really listen to the patient and to provide fair and holistic care to all patients.