

PMH Simulation Reflection

I really enjoyed the simulation material and discussion board for this module. This simulation was probably one of the most helpful ones I have had throughout the last six modules because we learned how we should talk with a patient, which has always been something I never really focussed on, and besides a lecture or two we didn't really learn. I was very nervous about what to expect because I didn't know what we would do considering we haven't learned very many physical skills for psychiatric mental health, which is what we usually do when in a simulation scenario. When we arrived and were told that the simulation was going to help us learn how to use therapeutic communication, I thought "well that is easy it is just talking to a patient", I quickly realized I was absolutely wrong.

This really changed the way I think of psychiatric mental health and how broad of a spectrum mental health really is and how broad your education as a health care worker must be. It is crazy to me how many different psychiatric diagnoses there are with the lack of education I feel like most nurses/health care workers have on the subject. While our scenario was definitely a learning curve, I feel like overall it went very well. I think I could have prioritized some assessments, like a skin assessment and looked at the patients wounds. When talking about the scenario during the debrief, I learned a lot about what self harm bilaterally means and I learned about the importance of talking with a patient in order to de-escalate a situation.

I will apply this throughout my career because no matter what field I go in to, I will always treat a patient holistically which includes their mental health. I will use the techniques I learned to be able to de-escalate a situation where a patient may be frustrated or angry.