

PMH Simulation Reflection

Throughout my participation in the simulation, I experienced a range of emotions, including nervousness and anxiety, as I was uncertain what to expect. However, the learning experience exceeded my expectations, providing high-quality scenarios that challenged my critical thinking skills. These scenarios required specific psychiatric nursing care, involving various factors that could have compromised clinical outcomes and reduced opportunities for effective treatment.

The therapeutic communication skills I employed played a vital role in modifying my attitude towards the patient, allowing me to form a relationship with them during their mental health crisis. It became evident that lack of knowledge and experience with psychiatric nursing care could have resulted in better and more comforting patient outcomes. I was able to observe firsthand how important it is to have the necessary experience to provide high-quality care for patients with mental health conditions.

One scenario that stood out to me was the inpatient care setting, where I was the patient. During this scenario, I experienced signs and symptoms of anxiety, which had a significant impact on my mood. The description of the patient's behaviors affected me deeply, and I felt embarrassed as it reminded me of my own experiences during episodes of anxiety, which caused me to isolate myself from others. The simulation heightened my awareness of the intensity of nursing care in a controlled and safe setting, which is critical in protecting patients from mental health crises, suicide ideation, psychotic episodes, aggressive behaviors, substance detoxication, medication adjustments, and monitoring.

The knowledge and experience I gained from this simulation will remain with me throughout my practice as a registered nurse. I am now better prepared to recognize the signs and symptoms of mental conditions and the medications used to treat them. My focus of care

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will be on teaching patients about their rights, the adverse effects of medications, recognizing symptoms, and asking for help when necessary. The importance of high-quality care to patients with psychiatric mental health conditions, ensures that they receive the treatment they need to recover.