

## **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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THURSDAY, APRIL 11, 2024

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.

## Covenant School of Nursing Reflective Practice-AA Meeting

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Instructional Module: 6

Date submitted: 04/11/24

<p><b>Step 1 Description</b></p> <p>On April 10, 2024, at approximately 7:55 PM, my wife and I attended a Spanish AA meeting in a small location in downtown Lubbock. When we arrived, we saw that the chairs were arranged in a circle, facing each other. The leader of the meeting greeted us warmly in Spanish and welcomed us to join. I mentioned that I was a nursing student and was there to observe the meeting for a school project. The leader kindly informed me that it was an open meeting, and everyone was welcome to attend. The leader welcomed all the participants and introduced my wife and me to the meeting; I stated what I was in school for nursing and where I attended school, and my wife did the same. Everyone welcomed us, and the leader began a prayer, and the meeting began with him sharing his story with addiction and how he overcame this addiction.</p>	<p><b>Step 4 Analysis</b></p> <p>During the meeting, I utilized therapeutic communication techniques, including maintaining eye contact, establishing a connection, and utilizing non-judgmental behaviors. The feedback I received from the participants was excellent. Thanks to my nursing clinical experiences, lectures on nursing care for substance use disorders, and assessment experience, I was able to create a positive and supportive environment for the participants. Each participant had a unique story - some had parents who drank when they were young, some developed the habit from their partners, and others started socially drinking with friends. However, all of them experienced depression and anxiety due to their environments or life events.</p>
<p><b>Step 2 Feelings</b></p> <p>Initially, I felt apprehensive about delivering a speech before a gathering of people. However, as the meeting progressed, I had the opportunity to listen to the accounts of individuals who were struggling with addiction and the way they were managing it through AA and religious practices. The stories planted empathy, and I felt compelled to understand their struggles better. To</p>	<p><b>Step 5 Conclusion</b></p> <p>The participants' situation is a daily struggle and educating them on relapse prevention and providing valuable resources was a way to improve it. Additionally, congratulating and encouraging them for their changes could have further enhanced their situation. Spiritual words of motivation and prayer could have also made the entire situation better for them. Through this experience, I</p>

<p>achieve this, I put myself in their shoes, either by drawing on personal experiences or by reflecting on the experiences of people I knew who had faced a similar problem. I developed a social relationship with them through this process, which helped me establish trust. I believe that trust is the most essential feeling in this context, particularly when compared to the provision of nursing care for patients in the hospital who require assistance with alcohol use or detoxification of alcohol.</p>	<p>learned to be humble and empathetic while connecting with my patients and to provide quality care for them and their families.</p>
<p><b>Step 3 Evaluation</b></p> <p>Attending the AA meeting in Spanish was an incredibly enlightening experience for me. The event offered a comprehensive insight into the 12-step programs that AA services to help individuals overcome their struggles with alcoholism. I was impressed with the supportive and non-judgmental environment that was encouraged during the event. As a healthcare provider, this experience has been instrumental to me, as it has given me a deeper understanding of the resources that are available to assist patients who are battling alcohol addiction. Additionally, since the event offered to Spanish-speaking individuals, I was able to witness first-hand how the AA program is accessible and accommodating to individuals from diverse backgrounds</p>	<p><b>Step 6 Action Plan</b></p> <p>Overall, the situation was a wonderful learning experience and another resource tool I can utilize to educate and plan care for my future patients.</p> <p>Through the participation of the AA meeting, I gained an extensive amount of knowledge and learning understandings that will meaningfully contribute to my growth as a nurse. The insights and strategies I have acquired from this process are instrumental in planning and delivering comprehensive care to my patients in the future. I look forward to applying what I have learned to improve the lives of those under my care.</p>