

## 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.
  - As a patient I feel like I did well acting out my role and having my classmates really feel how it was like to care for a patient who was in the same type of situation. As a nurse I felt like I could have been more therapeutic and not have to be so straight forward and to the point.
- How did it go compared to what you expected it to be like?
  - I didn't think it was going to be the way it was. I was expecting to have to use a mannequin, as we have been doing throughout our simulations. I'm actually glad that we were able to do everything in roles because it made it feel more realistic for each of the scenarios.
- What went well?
  - Everyone really got into their roles and tried their best to follow what they had to do. The patients really did well sticking to the script and the nurses did well trying to be as professional as we could, given that we were role playing with our classmates who have a lot become our friends.
- What could have gone better?
  - I could've been more prepared to be able to respond to my patient. I feel like I didn't have enough information for my patient when it came to answering her questions. Instead of going in the same circle when she was asking to go smoke outside, I could've come up with other options to give her in response.
- Reflect on the scenario in which you were in the role of the patient or family member. How did that experience affect you?
  - When I was playing as a patient, I wasn't sure how to really act. If I had taken it too far or didn't completely show what this type of patient goes through. Especially since I have seen people who are going through a manic episode. I didn't want to diminish what they actually experienced, because at that time they are going through many things mentally. Things that I will never be able to understand or even act out.
- Did this week change the way you think about mental health? If so, how?
  - It helped me realize that even small things can effect an experience that someone has in the ER, and that even though we are usually busy that they are people too and their mental illness does not define them as a person. Even just being a listening ear could possibly help them as well.
- How will you use the knowledge gained from this experience in your practice as a registered nurse?

- o I will try to be more of that listening ear for them and hear out their concerns or just listen to what triggered them to be in the situation they are in now.