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.

My feelings toward simulation were geared toward the unique population that we were learning about this module. I felt anxious before going into the room, because I did not know what to expect when I got into the room. Also, the new environment caused some nervousness, because the room was different from our sim center. After it was done, I did feel a sense of relief and accomplishment in completing the scenario knowing that I did better than I had expected.

The scenario was a lot more challenging in terms of being able to communicate effectively and understand the patient's needs. The patient I had with PTSD was scared and had a lot of triggers related to sounds, so it was difficult to keep sensory issues in mind when talking to the patient one on one. Also, keeping things in mind like opening and closing the door, and limiting the number of questions we asked the patient was difficult.

Our communication and teamwork in the rooms went well. We formulated a plan and were able to revert to the plan each time the situation began to change. We knew what we needed to accomplish and split up tasks to be able to accomplish it. We also were able to observe and gather information effectively in the limited time we spent with the patient and were able to offer nonpharmacological methods to the patient to help with some of the symptoms they were experiencing.

We could have better prepared for cues and triggers related to PTSD to better assist the patients. Also, we could have developed and researched a few more nonpharmacological strategies, to be able to teach and assist the patient and family members involved in the plan of care.

For myself, in the role of a patient with generalized anxiety, I felt as though I needed a strong support system in the hospital setting. The feeling of facing various unknowns regarding treatment, medications, and the new environment was a lot to handle. I cannot imagine how a newly admitted patient dealing with anxiety would be expected to cope with all the changes at once without support from family and friends. Also, the staff was comprised of people that I did not know prior to this, which would have raised my anxiety.

Yes, it changed the way I view mental health. We have been taught up to this point to treat symptoms, infections, and various other diseases. However, we have not had

much experience in treating patients who are not able to understand what is going on or are experiencing severe anxiety and fear, especially in the hospital setting. Also, considerations regarding triggers and how they can affect the patient was something we had not previously had experience with.

Going forward, I will be more holistic in my approach as a nurse and consider the patient may not be as black and white as they would appear on charts or to other nurses. It's best to gather as much info as I can to make an informed decision for recommendations of treatment and be and advocate for the mental health of every patient.