

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.
I enjoyed participating in sim this week and learned a lot from the scenarios. I had fun learning about the different psychiatric disorders and how to work with those patients better. As someone who does work in the hospital, this did help me better understand how to care for those who will have these disorders. This was very beneficial to my learning, and I truly enjoyed getting to come to sim this week.
- How did it go compared to what you expected it to be like?
I wasn't too sure what to expect. I thought the scenarios were going to be more ridged like in previous simulations I've participated in. I wasn't expecting to have the scenarios flow how they did. I really think that the scenarios were fun, and it was a great learning opportunity. There were lots of possible outcomes and I enjoyed that there weren't too many specifics to them. What I mean by that is having a large skills checklist that you have to follow and use that to guide your scenario. Obviously, there were skills that needed to be met but it didn't feel like it was the only focus of the scenario. I felt like I really got to learn more being the patient, primary, and secondary nurse. I felt more relaxed and was able to learn more when it was my turn to be the primary nurse.
- What went well?
For me, I have anxiety and having the anxiety patient I could understand her feelings and did my best to comfort her. I felt like my teaching was good even though the patient was anxious. I tried to address her concerns while also providing care. I had good communication with the doctor and letting her know what I needed for my patient. I also utilized my secondary nurse to try to keep my patient calm, so I had good teamwork.
- What could have gone better?
When I went into the room, I meant to ask name, DOB, and allergies but I got a little overwhelmed with how nervous my patient was, and I went into my hospital mode. In the hospital I really know who my patients are and it's hard to incorporate asking name, DOB, and allergies sometimes especially if the patient is doing something unexpected in the sim scenario. I do need to do better about verifying name, DOB, and allergies because it's a part of our CPE and I just need to get back into the habit of this. I also need to remember to read back the orders to the doctor to make sure I get the correct order and do not misunderstand. I also told my patient I wasn't going to ask any other questions and unfortunately, I ended up asking more. I didn't know how to address the assessment and that was a learning point for me.
- Reflect on the scenario in which you were in the role of the patient or family member. How did that experience affect you?

I was a grumpy alcohol withdrawal patient that just wanted a cigarette. I pulled off my best acting of the symptoms of alcohol withdrawal and was upset with not being able to smoke. Even though I was a grump, the nurses in the room listened to my concerns even though I wasn't being the kindest patient in the world. I felt seen and understood when I expressed my need for a cigarette. The nurses did a great job of educating me about the patch, which I said I had never taken before, and I felt comfortable with the knowledge that they provided. They did could med education about my pills and made sure I understood what I was taking. Overall, they did a really great job during the scenario and as the patient I felt that their care was awesome.

- Did this week change the way you think about mental health? If so, how?

It did change my feelings about mental health. Mental health is very important, and it really matter how you approach a patient. They are in a vulnerable state and need us to listen to them. These patients need someone to talk to that can give them the help they need. Mental health is a massive factor in wellbeing and us as medical professionals need to understand that mental health is just as important as physical health. I think the physical aspect of the person takes up all of our focus and we forget that there is a human being that we are caring for. We as clinicians need to slow down and be a human to these people that are going through this tough time.

- How will you use the knowledge gained from this experience in your practice as a registered nurse?

As I said in debrief, I want to make sure to check my own biases especially when getting report from other nurses. These nurses can say really mean things about these psych patients and I need to not get that in my head. I just need to keep my positive demeanor and remember that these patients are human. Compassion is a very important part of our nursing care, and our psych patients usually need it the most. I will definitely make sure that I check my biases before assuming that these patients are "needy" or "a lot."