

PMH Stimulation Reflection

- 1- Participating in stimulation this week was very fun and I had enjoyed it. It is a great moment and opportunity to learn especially as I had the opportunity to play several roles and build my confidence.
- 2- Compared to what I was expected, the outcomes went very well, I thought that it will be very difficult and that I was unable to do it. It was very helpful by helping me learn how important it is to build therapeutic communication with the patient.
- 3- Playing the patient role went very well, being a nurse went well, and we had a very good teamwork.
- 4- The only issue I had was for me to find the parking lot the first day, but the next day it was more easy since the right reference was for me the "Preston Smith library for Health Sciences".
- 5- I played a role of a patient affected with schizophrenia and I was very excited about it. But be in that patient shoes make me realized that it is something real and scary people deal with. That change my perspective about mental health.
- 6- Yes, this week change my way to think about mental health, taking care of a sick patient and be in the patient shoes I will be more supportive for people living with this issue, they are vulnerable.
- 7- As registered nurse, I will break the stigma I had regarding mental health and demonstrate my empathy toward patients with mental health disorders and combat discrimination against it. I learned that those patients need help managing their conditions and improve their quality of life. As register nurse I will advocate for that.

They all deserve best care and they did not ask to be sick. Nurse play and important role contributing to their recovery journey.