

Dawson Delaney
April 25, 2024

PMH Simulation Reflection

This week I was in simulation at the TTUHSC. I very much enjoyed my time in this simulation. First of all, it was very cool just to see a different simulation center and what all they had to offer. I go into every simulation with the hopes that it will be fun and beneficial to learning, this week I think I checked both boxes. Dr. Harrison did a fantastic job of creating a fun environment while also teaching in depth about the disorders and how they present. I thought my scenario went really well. I drew the patient with BPD. I have always had a peaked interest in personality disorders so I was glad to get to dive into them a little more. I got exactly what I wanted when Dr. Harrison clearly described different presentations of this disorder. Carmen was my patient, and while I realize a person with a real personality disorder would behave much differently, she did a great job portraying BPD. This week also put a focus on the stigma involved with mental health. I was a short-lived psychology major in my undergrad days and so I have been told about the judgement people often receive. This week we looked at how to treat these patients with compassion. It was also interesting being able to put myself into the role of the patient. I portrayed a person with PTSD. For me, whenever I have to act as if I have the disorder it helps to cement the signs and symptoms in my mind. I have not decided what role I am going to play in the nursing world but I have always been interested in mental health. This week only helped encourage that interest and I would not be surprised if I ended up in a mental health field of nursing at some point in my career.