

GOING INTO PMH SIMULATION I WAS A LITTLE SCARED JUST BECAUSE I DON'T HAVE A WHOLE LOT OF EXPERIENCE WITH PSYCH PATIENTS. I KNOW PLAYING THE ROLE OF THE PRIMARY NURSE WAS GOING TO BE INTIMIDATING. TO BE COMPLETELY HONEST, I WAS NOT LOOKING FORWARD TO MY PARTICIPATION IN THIS WEEK'S SIM BECAUSE I KNEW I WOULDN'T FEEL CONFIDENT. SURPRISINGLY IT WENT VERY WELL. LIKE I SAID, I EXPECTED TO FEEL MORE CLUELESS THAN I WAS. I THINK AS STUDENTS WE ALL LACK SELF CONFIDENCE EVEN IN SIMULATION, SO IT WAS NICE TO SEE NOT JUST ME BUT MY CLASSMATES AS WELL, PRESENT MORE CONFIDENTLY THAN WE FELT. I WAS EXPECTING TO LEARN A LOT AND I DEFINITELY DID BOTH BY DOING AND OBSERVING. SPECIFICALLY IN MY SCENARIO AS THE NURSE, I FORGOT A FEW STEPS DURING THE MEDICATION ADMINISTRATION SO I THINK THAT DEFINITELY COULD HAVE GONE BETTER BUT I THINK MY COMMUNICATION WITH THE PATIENT, MY EXTRA NURSE AND THE DOCTOR WAS ALL REALLY GOOD. USUALLY I STRUGGLE WITH GIVING SBAR REPORT ON THE PHONE TO THE DOCTOR BUT I FELT THAT IT ALSO WENT

VERY WELL. I THINK IN THE SCENARIO WHERE I WAS THE PATIENT DIDN'T AFFECT ME A LOT BUT I DO HAVE EXPERIENCE WITH MENTAL HEALTH DISORDERS SO THERE WERE SMALL THINGS I COULD CATCH AND RELATE TO. MY EXPERIENCE WITH IT IS VERY NEGATIVE SO I'M GLAD I GOT TO SEE SOME GOOD SIDES TO THE NURSING PART OF IT AND HOW OUR ROLE CAN TRULY AFFECT OUR PATIENTS. I THINK THIS WEEK DEFINITELY CHANGED HOW I VIEW MENTAL HEALTH. COMING FROM A HISPANIC HOUSEHOLD, MENTAL HEALTH IS ALMOST NEVER TALKED ABOUT OR SEEN AS SOMETHING REAL SO THIS WEEK CONTRIBUTED EVEN MORE TO HELPING ME CHANGE MY WAYS OF THINKING. I BELIEVE I CAN USE THIS KNOWLEDGE TO PROVIDE BETTER CARE TO MY PATIENTS AND THEIR FAMILIES AND TO REALLY REFRAIN FROM STIGMATIZING PSYCH PATIENTS.