

Simulation was very good this week. We rotated acting out the roles of a primary nurse, secondary nurse and a patient in healthcare. The primary nurse was in charge of assessing the patient and giving meds. The secondary nurse was in charge of determining the criteria the patient presented with and compare it to the DSM-5. I expected simulation to be more difficult to determine what treatments were needed, but the scenarios were understandable and clear on what we were being prompted to do. I feel like I did well with my communication and confidence in treating my patient and meeting her needs. What I think could have gone better is prioritizing the risks that were presented by my patient. She was a self-harm patient and was removing her bandages and scratching her arms and I decided to read through the suicide assessment form before acting on the safety of her incisions. The scenario I acted in I played as a patient with PTSD. The patient was a war veteran who experienced war flashbacks in her sleep. I was a little nervous to act in this scenario because I'm not a good actor and I felt like I needed to be very convincing in this role. I was very cold in the room and nervous, so it made me feel a little jittery. I began to actually feel like I had PTSD symptoms and was truly experiencing the diagnosis. This week did change the way I view mental health. I learned a lot more information and ways to treat patients with mental health diagnoses. I feel like I gained a better understanding of how to control an environment and make it safer for me and my patients. I will definitely remember this experience in my future nursing with all patients. I think I will adapt the method of asking how a patient would like to be woken up when they are sleeping. Also, I will ask every patient how they are feeling mentally as a general assessment question.