

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.
- How did it go compared to what you expected it to be like?
- What went well?
- What could have gone better?
- Reflect on the scenario in which you were in the role of the patient or family member. How did that experience affect you?
- Did this week change the way you think about mental health? If so, how?
- How will you use the knowledge gained from this experience in your practice as a registered nurse?

This was my last week of clinical, I was really excited to finally participate in the psyche simulation. As for my participation in the simulation I was able to play the role of the primary nurse, secondary nurse, as well as a schizophrenic patient. At first I was really nervous to go to the simulation. I am a person who loves a schedule and to be able to prepare myself mentally and physically for the task at hand. I do completely understand that there is no way the instructors are able to prepare us for this simulation, but I did initially feel anxious. After observing the first scenario, my anxiety levels almost diminished entirely. Simulation is a place to learn and a safe controlled environment for both the role of the nurse and the patient. I feel as though I always work myself up over situations that turn out to be so different than what I made up in my mind. I think that every aspect of the two simulation days went really well. I enjoyed having a secondary nurse to help with the therapeutic communication while the primary nurse was on the phone with the physician. The debrief after the scenarios went well, and helped tie together every aspect of the given scenario and help us really understand the patient's diagnosis and the nursing care that is most therapeutic for that patient's diagnosis. I think what could have gone better for me, would be to keep practicing on my therapeutic communication. At some points during my scenario, I had no clue on what to say. The role I played was being a patient diagnosed with schizophrenia who was experiencing internal stimuli (hallucinations) and anxiety. Having to pretend to have that diagnosis was hard, it made me feel so many emotions for patients actually having to live with the illness. This week, and most importantly, this whole module has changed the way I perceive mental health nursing. I have so much respect for the nurses who choose mental health nursing. This is not an easy nursing role, and there is so much that goes into taking care of a patient with a mental illness. Even though I do not plan to go into psychiatric mental health nursing, I will use what I have learned when I take care of patients with underlying mental health diagnoses. A majority of patients experience acute anxiety while in the hospital so being able to use what I have learned like therapeutic communication to improve my nursing care. I genuinely have enjoyed this module and being able to expand my knowledge.