

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?

Revised 7/2023

I participated in 3 scenarios. My first patient was there for alcohol withdrawals. I am an aide at work and I have had patients going through withdrawals before. I have seen a few CIWA assessments in practice before. I have learned in this module that people dealing with substance abuse may default to another type of substance while trying to quit, so I knew I would give a nicotine product. I felt well prepared for that scenario.

My next patient had schizophrenia. I had a patient with schizophrenia in clinical in the first week on this block. He was agitated and restless for most of the first day. He refused to communicate with me. The only thing he would do was eat and fidget with everything he could. He became very aggressive over the night, and he ended up in the ICU since he assaulted staff members. I didn't know what to expect. I was a little nervous. Kallie did a great job with the hallucinations and delusions. Compared to my real patient, this experience went better. She would attempt to communicate with me. I don't know if it was effective communication. I tried to reassure and reorient her, but I got nowhere. It's hard to change someone's false reality when I just met them, especially if they have had these symptoms have been going on for a long time. I found it hard to put the whole clinical picture together. I asked if she had seen the demon during her entire pregnancy, and she responded, "yes". Since she wasn't pregnant, I would figure out how long she had been seeing the hallucinations. I felt like I really didn't do anything good for her. I know she took my medication, so the hallucinations may get better. I wish I knew what to say to help her.

My third scenario was the one I acted in. I had bipolar disorder going through a severe manic episode over the last 3 days. I felt like I had to put on a show to give Kallie and Clarissa a real experience, but I felt bad at the end of it. I had to pretend to be agitated and I had to be constantly be moving around. I can't imagine what it is like to be out of control of my body for multiple days. For them, it's not a show, it's real.

You mentioned that some disorders make it where it puts the patient's brain and body on autopilot on the highway. That struck out to me. On several occasions, I have been driving home and then I suddenly realize I made it home, but I don't remember how I got there. I dissociated while driving. I couldn't imagine that happening, not being in control of my body.

At the beginning of the module, you mentioned that every patient will have a head, so every patient will have mental health needs. I think every patient has anxiety in some way during their hospital stay. I know I need to treat their physical health and mental health while being in my care.