

## PMH Simulation Reflection

I felt satisfied with my participation in this week's simulation. When my scenario was done, I felt unsure of how well I performed as the nurse. I always feel like there is more to do in the scenario, though Dr. Harrison reminded us that once it became awkward in the room it would most likely mean that the scenario was done. My patient had anxiety, so I was to meet and greet the patient, assess the patient, and call the physician if there needed to be medication requested for the patient. I assessed my patient using the Hamilton's scale and the Columbia- Suicide Rating Scale. My patient scored a 27 for the Hamilton's score, which is why I called the physician and ordered lorazepam 1mg for every six hours. We were also to practice using therapeutic communication, so I used the statements "I see you...", "You seem...", and "Tell me..." to get more information from my patient and kept my voice in a softer tone. My secondary nurse, Katelynn, also helped keep my patient calm while I left the room for the medication. After the scenario, we debriefed together and I was given constructive criticism there. The biggest thing that I missed during my scenario was that I did not get the patient to sign a consent form to administer the psychoactive medication. Thankfully for this scenario, I was able to make the mistake there and learn from it rather than make the mistake as a real nurse, or in CPE and fail.

I played the Borderline Personality Disorder patient today. The patient that I played came into the hospital with self-harm injuries, and she was devastated about her recent break-up. The experience did not affect me too much, but I did take a moment to think about how someone who cannot control their emotions feels.

As someone who has struggled so much with mental health, I really liked this week. Some of my classmates mentioned not struggling with mental health, and how they felt unprepared for this portion of the module. I think that was really good for them to be exposed to. As a registered nurse, I will use my simulation experience to help therapeutically communicate with my patients, even when they are not entirely a psych patient. I really liked that we were able to get to know Dr. Harrison a little bit more.