

Vanette Martinez-Gonzalez

PHM Stimulation Reflection

The psyche stimulation was very interesting since it has new information such as having the CIWA-AR scale for alcohol withdrawals. I felt confident during my participation because I have gotten to have a moment before walking into the room. I did not feel nervous which was a good thing. My experience was good both days. The instructor made me feel good about myself and she provided new information on disorders. I was nervous at first because we haven't gone over any psych lectures, but the instructor provided us with the information we needed to be successful during each scenario. Each scenario made me realize that people experience difficult disorders, and they were one of the hardest scenarios we have done. Some of us got very emotional on the second day. I learned that we need to continue to be compassion towards the patient as well as the patient's family members. Giving support towards family members is very important and that is something that I will do. One of the scenarios turned out to be deeper and I was not expecting for many of us to cry. Psych is a hard topic, and I will continue to be compassionate towards every patient. The last scenario affected me because many people attempt/commit suicide and is not easy. Therapeutic communication had a huge impact on the way I speak to patients, and I finally learned how to properly speak to patients. My communication skills will be better, and I will continue to improve them. The drive home after clinicals made me think on a deeper level and I realized that in this moment someone needs help, and I hope that they can get the help they need. It makes me sad how many people need help but are too scared to reach out for it. The knowledge I gained during this week will make me be a better nurse in the future and I will be compassionate towards the patient as well as the family members.