

Joe Moreno
Covenant School of Nursing- PMH Sim Reflection
August 21, 2024

Going into simulation this week I was definitely anxious as expected, however the environment felt very safe which helped ease some of the nerves. I didn't really know what to expect prior to this week but was pleasantly surprised. In the past for me I've mainly focused on the teaching and administering portion of nursing so it was nice to have another area pushed. Therapeutic communication is definitely harder than I anticipated. I have a constant fear of saying the wrong thing, so the tools provided during simulation are extremely helpful. I feel as if our group as a whole worked really well together, each scenario seemed to run rather smoothly and was beneficial to our learning.

Being able to portray the patient in the scenario about alcohol withdrawal was definitely eye opening. Engaging and allowing us to put ourselves in the shoes of someone experiencing something that debilitating definitely enhances our empathy. Learning about these various disorders and getting to see them play out in "real" life will be beneficial once we experience a patient of these conditions in the real world. I feel as if portraying the different roles is a great way to enhance our critical thinking as we get the full well-rounded experience and what that may look like from opposite sides. I grew up with a negative perception in regard to mental health so it was refreshing to work through these disorders in a healthy manner.

During my scenario as the primary nurse, I hadn't anticipated how it would affect me. I tried my best to keep it together while the scenario played out, but worry that the emotions I was feeling hindered my performance. It definitely opened my eyes that I may still have things to work through personally, if I could change anything it would be that I had controlled my emotions better. The tools provided for us in regards to therapeutic communication will be extremely helpful as we progress through not only this module but our nursing career as a whole.

Joe Moreno
Covenant School of Nursing- PMH Sim Reflection
August 21, 2024

It was refreshing to hear mental health discussed from a positive and empathetic perspective, and I could definitely see myself possibly exploring this part of the nursing field.