

PMH Simulation Reflection

I thoroughly enjoyed simulation at the TTUHSC because we got to practice therapeutic communication skills which are often overlooked in the healthcare setting. I expected simulation to be like the previous modules where we practiced more of our technical skills. However, we worked on our communication abilities which really only get better with practice. I think using the “I see you_, you seem_, tell me_” tool was incredibly useful in our scenarios and a great way to communicate with patients when the nurse is unsure of what to say. Remembering to give a patient praise and reassurance for the work they are putting in to get better is also a very beneficial tool to motivate patients to work towards improvement. I would like to know other techniques that are similar to breathing exercises that we can use at the bedside to help patients release some stress. I was the patient in the borderline personality disorder scenario and it was a difficult situation to have to reenact because it hits so close to home. However, it created some more empathy for people that I know struggling with this condition. It made me think how scary of a feeling it must be when people don't take your condition seriously or how frustrating it can be to not be diagnosed with the correct disorder which prolongs effective treatment. In my specific scenario, a young woman was in a toxic relationship and was aware of the situation, but was unable to leave because of the emotional attachment she had. It made me think how vulnerable she is because of her mental health condition and how some people can abuse of that. This week has taught me that it is important to think before you speak because words hold a lot of meaning especially to patients with psych disorders. People will always remember how you made them feel so I will put more emphasis on therapeutic communication. I love getting the opportunity to open up about mental health struggles so I think kickstarting clinicals with this simulation was very helpful. Dr. Harrison explained that psych patients can't help how they are feeling just like a cardiac patient can't help having a stroke and I will use that analogy in the future when encountering a difficult patient.