

I really enjoyed simulation this week, I loved how it was focused more on the therapeutic communication aspect of taking care of patients. It gave us the side of being the psychiatric patient and what they have to deal with, what family members go through, and being the nurse learning how to take care of these patients. I expected it to be more like other simulation labs where we always focused more on the actual body assessments and medications, but it was more like learning how to do psychiatric assessments, therapeutic communication, and also medications; I really liked it. I feel as though I played the primary and secondary nurse pretty well, I feel as though watching other people be the nurses and seeing what was expected made it easier to go in and do what was needed. I feel like it was a little hard coming in with only having a psychiatric pharmacology lecture under our belts because we were not sure how to communicate at first. I feel as though I could have played the patient better, but it was difficult trying to put myself in their shoes and have never really seen a mania patient. I also feel like I should've put a little more research into the medications because when my patient asked me a few questions about them I got nervous and wasn't quite sure what to say. So, in my scenario I played a mania patient and was supposed to be full of myself and on a very high, high. I feel this scenario was a little difficult for me to play this role due to the fact of never meeting or knowing a person with bipolar disorder. It was hard not to get silly due to the fact of the patient I was playing needing to be full of herself and on a very high level. Me trying to be silly made me realize that what they are going through is not in fact silly but very real for them. I know that these patients are in mania they feel very good but as soon as that break hits, they go into a very dark depression which is heartbreaking. This week has definitely made me feel a lot more comfortable with using therapeutic communication, nonpharmacological and pharmacological. This week changed the way I see mental health, it has made me see it in a way which is very real and can be very difficult and scary for these patients. We must always treat these patients in a sensitive, kind, and compassionate way. I will use these communication techniques, for example, "You seem... tell me..." It was very helpful for me to be able to understand how these patients are feeling and what they are going through.