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PMH Simulation Reflection

Please reflect on your experiences in simulation this week and reply to each item below. You may add anything else you wish. Submissions should be a **minimum** of 350 words total.

- Describe your feelings about your participation in the simulations this week.
- How did it go compared to what you expected it to be like?
- What went well?
- What could have gone better?
- Reflect on the scenario in which you were in the role of the patient or family member. How did that experience affect you?
- How this week impact the way you feel about your ability to use therapeutic communication?
- Did this week change the way you think about mental health? If so, how?
- How will you use the knowledge gained from this experience in your practice as a registered nurse?

I had mixed feelings about this week's simulation. I didn't really know what to expect and was surprised that it was similar to the usual simulation activities at Children's Covenant Hospital. The simulation went well, and everyone did a great job. However, I feel that I could have done better when it was my turn to act as a nurse. My anxiety took over, and I couldn't think clearly. I went blank and struggled to process what was happening in my scenario.

When I played the role of the patient, I felt overwhelmed with emotions. I was frustrated and wanted to cry because I felt like I failed during my nursing scenario. At the same time, I was trying to reflect the patient's emotions. The patient was experiencing hallucinations and delusions, believing that her child was taken by a demon. As a mother of two, I couldn't imagine losing my kids like that. That thought deeply affected me, and I felt the patient's distress during the scenario. I realized how real delusions and hallucinations are to those experiencing them.

This experience has greatly impacted my understanding of therapeutic communication. I know I still have a lot to learn, but it has opened my eyes to the immense responsibility nurses have to communicate effectively with patients. Good communication is crucial for helping patients heal and recover. It requires a lot of patience and compassion.

This week's simulation really changed my perspective on mental health. I used to think that people with mental health issues, especially those with schizophrenia, didn't fully understand what they were doing and would eventually forget what was happening to them. But after hearing the testimony of someone with schizophrenia, my understanding has deepened, and I now have a better sense of what it's like to be in their shoes.

This new understanding will help me become a better nurse in the future. I'll apply this knowledge to serve everyone equally, without bias. People with mental health conditions deserve the same respect and dignity as everyone else. I also want to mention that if I become a nurse, I hope to advocate for people with mental health issues in the Philippines. I know many of them are not treated fairly and don't receive the help they need, so I hope to start making a change one day. Thank you!