PMH SIMULATION REFLECTION

1. For my experience during this week, I participated in a scenario that involved schizophrenia. I felt that my scenario was complex enough to where I got to fully experience the abstracts of therapeutic communication with patients with psychiatric disorders. My peers accompanied this experience by giving me the most realistic reactions as closely possible as it would be in the actual setting. My peers also made me feel comfortable exploring the aspects of this simulation experience.

2. I was nervous going into the simulation, I did not know what to expect as I have not been placed in a situation with a psychiatric patient, especially like the one I had in my scenario. My nerves were calmed after seeing my peers participate and seeing how they handled the situations they were given. The simulation was a great learning experience for me as I got to explore more therapeutic communication and interaction from an outside perspective in addition to my own. I was also able to see how to communicate in different ways in regards to different psychiatric disorders.

3. I think I kept calm in the situation at hand, in consideration of the complexity of the scenario. I was very anxious in the beginning and got flustered, but was able to remain calm and remember my basis of communication.

4. I think I could have been a little faster at my replies to the patient. It was a hard concept for me to grasp as I did not know what to expect the patient to say.

5. When I was the patient for mania, I got to see how the patient might feel when the nurse interacted with other family members on my (the patient)'s behalf. I could see how that could be difficult, and possibly triggering, being talked about when it comes to treatment and supportive interventions.

6. I think I am able to communicate more effectively in my therapeutic skills with psychiatric patients, as well as patients without. I am able to talk to patients in a more comfortable manner and am less timid when interacting with patients with different disorders.

7. This week changed the way I thought about mental health because I got to experience it being both the nurse and the patient. I saw how something as simple as speaking and asking questions can impact a patient.

8. Being asked questions and validating the patient's experiences and feelings sat with me for a while after clinical, as I felt like it made a big difference in their care, and I will remember this impact when caring for patients with psychiatric disorders as well as for those without.