

PMH Simulation Reflection

My feelings about the simulation changed after the first day. Coming into this week, I was nervous and overwhelmed because I was not sure on what to expect from the simulation. I was unsure how I would react when I had to be the primary nurse. But, after going through and diving in, it was not as bad as I thought it to be. Learned a lot from the experience from many points of view including the primary nurse, secondary nurse, and even the patient's perspective.

It definitely went way better than what my expectations were. I was expecting it to be more intense but instead, it was more eye-opening. I was definitely feeling a little anxious when I was the primary but I feel like I was able to control myself and handle the situation.

I believe what went well was that I was able to handle my scenario even with all the distractors in the room, was able to therapeutically communicate with my patient and their family.

I feel I could have been a little faster in aiding care in administering the medication that way my patient could have had relief sooner.

I was the Alcohol Withdrawal patient. It opened my eyes to see how patient they have to be in order to get the medication or to be able to get some care. Having to answer all the questions in the midst of having all those withdrawal symptoms is really tough and we, as nurses, have to be mindful of that.

I feel like there are definitely places where I can improve on, I believe I have good therapeutic communication but this experience really showed me the places where I am lacking. I will work on my therapeutic communication to better care for the patient.

It definitely did change my way of thinking. Honestly, I did not really think about how much mental health patients have to go through just to get some relief from their symptoms and especially having to answer questions and hear about consent in the middle of an episode, I can only imagine what they go through.

I will use this learning experience in the future in my career to give care to all my patients. Although I may not go into the field of Psychiatric Health I will still encounter psych patients and still need to therapeutically communicate with them and this experience really helped me to understand them more in order to provide that care