

Veronica Ponce

PMH Simulation Reflection

Reflecting on my participation in the PMH simulation this week, I had a mixture of emotions, like anxiety, nervousness, confident than not confident. The overall simulation experience was very educational, and I feel it has prepared me if I ever encounter a client with mental illness. I participated in the simulation as a client who suffers from anxiety and PTSD. The reactions from the priority nurse and secondary nurse have taught me that if I ever encounter a patient who suffers from these conditions, I feel I have gained more confidence in my ability to communicate using therapeutic communication. This week has taught me how to reduce stigma, emphasizing the importance of empathy, or highlighting an often-overlooked aspect of mental health. I have realized that maintaining therapeutic communication under pressure or navigating complex patients' emotions might be more challenging than I expected. Also, building rapport or staying calm in the moment might be a challenge as well. Being the first participant in this simulation, I felt nervous and anxious and those mixed of emotions impacted my ability to think clearly and respond appropriately. I feel I had missed moments where I could have demonstrated empathy, used open-ended questions. I feel there we time I could have listened more attentively. Listening more can help me better understand the clients' concerns.