

## 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.

I feel like I participated well, and was able to fulfill my roll to the best of my abilities, It was nerve racking being the nurse at first however once I got into the flow of things, it wasn't as bad. The nerves went away as I got more comfortable and adapted to the scenario that I was given.

- How did it go compared to what you expected it to be like?
  - It went a bit differently then what I was expecting. I was expecting more hands on types of skills instead of more therapeutic skills. It was a shell shock because Im not use to practicing therapeutic communication.
- What went well?
  - What went well was the scenario, I felt like I was able to prioritize and therapeutically communicate with my patient. I like how the scenarios felt realistic because I feel prepared now for any future encounters similar to that. The student who was playing the patient role for me while I was being a nurse did a great job in acting out what that patient would act like.
- What could have gone better?
  - I could have spoken more to the patient therapeutically or used some non deescalation techniques, I was tripped up when the patient starting throwing a fit, and it was difficult to use the communications skills taught, and it was easy to try to just go "I understand" or asking "why" questions.
- Reflect on the scenario in which you were in the role of the patient or family member. How did that experience affect you?
  - Being the family member made me realize how much therapeutic communication would help the patient because they already have a mental disease and if the nurse is being rude it just adds on to the traumatic hospital experience. It makes me realize it without it being real and it makes you understand how important it is. The hospital stay should be therapeutic not traumatizing.
- How this week impact the way you feel about your ability to use therapeutic communication?

- I feel a lot more confident in my therapeutic communication skills now that I've been able to practice it. It is a lot harder than I thought it would be. It's easy to use bad practice like using "I understand" "why" or terms like "I know how you feel" It seems so natural, but it's wrong practice. I feel robotic using the therapeutic communication skills so I want to work on it being more natural.
- Did this week change the way you think about mental health? If so, how?
  - Yes, it made me take mental health a lot more serious, as serious as any other disease.
- How will you use the knowledge gained from this experience in your practice as a registered nurse?
  - I will use the therapeutic communication in my further practice