

Being able to act out different scenarios with different disorders was beneficial I feel because it lets me get a foot in the door and not be completely shocked when I encounter a real situation someday. I think, playing every part of a situation helps you get a better sense of not just where the patients are coming from, but how these situations are also affecting their families and life. Even though we were required to act in every role, whether it was the patient, family, or nurse; it was an experience that I think is beneficial in every aspect, not just giving meds and being done.

I honestly was kind of dreading it, only because I have worked with psych patients as a nurse aide and have seen how these individuals act once they're forced to come to the hospital because of complications that eventually affect them either physically or physiologically. It really had affected my personal thought of these patients because of how they usually act in those situations. Then as Dr. Harrison gave us briefings over the patients, then on the disorder that they were diagnosed for that scenario, it got me thinking a little more. She mentioned that those who end up in the hospital, it's usually because of a comorbidity or they're at that maximum level of their psychotic disorder that they're not able to function properly enough to take care of themselves. That heled me change may way of thinking rather quickly because in the moment we don't really take time to think rationally about why or how the patients got to that point. Maybe neglect or abuse, but we don't know because we might not take the time to investigate that far.

I wouldn't change anything really about this simulation because it's beneficial to several aspects of our nursing role: med passing, clinical skills, and therapeutic communication. It really helped many of us I know develop better therapeutic communication skills because a lot of the time we're so caught up in the moment that we forget our words can cause even further harm than good, without realizing it.

Being the patient helped me see things a little more through their eyes because even though we're classmates we still have to play that role we're assigned, and it helps you realize that sometimes we're too focused on meeting our own personal goals that we ignore or look over the patients' goals.

This week helped me expand my insight and opinion of mental. It made me think harder about the individuals themselves and made me really aware that most patients don't just wake up and decide to act the way they do but rather some are conscious about it but are unable to control it because their brain is telling their body to do something else.

I hope to take this knowledge and lessons with me as I continue my path to becoming a RN, so that, one I may know how to interact with these patients better, but two, also see the patient beyond their diagnosis and help them in a way that truly benefits them.