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PMH Simulation Reflection

I was very nervous about SIM week, I knew what to expect but at the same time did not know what to expect. Going through the days my nerves were calmed and I quickly realized it wasn't as bad as it seemed. This module's SIM experience wasn't too far off what I expected it to be like. What went well with this SIM experience was learning how to effectively communicate therapeutically with this population of patients. I don't know if anything could have gone better through this experience. However one thing I do wish we had time for was doing more than one scenario as a primary nurse. Although SIM experiences get me flustered, and I am not the most confident, I can acknowledge we don't get enough SIM time it feels like, and being observed and able to accept constructive criticism is what I personally believe helps me grow and better learn. While I appreciate wholeheartedly my clinical experiences with this module, nothing has got my brain thinking like a nurse as this SIM experience has.

Reflecting back on when I was a patient during this SIM week, I can understand the frustration of some patients. Although as nurses we do our best to treat our patients that includes not being able to fulfill every need that patient desires. We are there to treat them not to be walked and pushed over, but to the mentally ill the issues they have are different than that of a broken leg, they are dealing with problems we wouldn't know. I definitely learned how to better therapeutically communicate with this population of patients, I learned which phrases to lean on and which phrases to avoid. I feel more confident communicating then I did before this experience.

I already feel strongly about mental health and the stigma with mental illness. However, I will still admit this week changed the way I view mental health from a nurses standpoint. I have seen firsthand how patients with mental illness are neglected in the hospital setting, I have also seen from this week, why it could be easy to be neglectful of these patients. Nonetheless, this SIM experience has put into perspective for me that a patient is a patient, therapeutic communication can go a long way, not giving up on these patients and seeing it through with them would mean more than we could comprehend. I will always carry this experience with me along through my nursing journey. I will use the communication techniques learned and the feelings I felt throughout this week to remain a prudent nurse.