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PMH Simulation Reflection

I believe I made a conscious effort to participate and ask questions in simulation this week. I really tried to hone in on what reality would look like as a patient, nurse observing, and a patient. I believe the simulation went better than I thought it would, initially I was nervous that I wouldn't be confident in my abilities and wouldn't get the most out of it because I'd be too anxious. I believe there was nothing that could have gone better, I believe everything went as good as it should have. I believe the role that affected me the most was when I was playing both roles as a patient with Schizophrenia and the other as a patient with substance abuse issues. These roles allowed me to get a glimpse of what it is like to have these disorders and how chaotic and interruptive it can be to their lives. This week did change the way I viewed mental health and these various disorders, reading some of the feedback that was listed on our patient scenario sheets as well as how to mimic the demeanor of someone who is suffering with these disorders was eye opening. I never considered just how much they really do have their lives stolen from them because of how demanding these disorders can be. I feel that I can use therapeutic communication better, having the template that Dr. Harrison provided to us is really helpful. It is such a simple set of sentences but really did open the floor for our patients to tell us what was really going on. Working in neurology where I am faced with a lot of conditions that leave a patient angry, confused, and noncompliant, I believe I can use those words and help meet my patient where they are at. I will use the information learned this week in simulation in my current role as a Neurology Nurse Tech and as a registered nurse by being more understanding and knowledgeable about these disorders as well as the unique needs people present with them. I believe I will be more confident and have a better understanding in how to treat them.