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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.

Overall I just wanted to say I really enjoyed SIM. It was a great experience and I really enjoyed not only being able to be the primary nurse but also being able to participate as the secondary nurse as well as the patient. I feel like it really helped being able to see every perspective and practice communicating in different roles.

- How did it go compared to what you expected it to be like?

Sim ended up actually being a lot less stressful. I feel like just because it was a new specialty I was super nervous because I didn't know what to expect going into it. However after we started on the first day I felt like the nerves went away so it just made the experience even better.

- What went well?

I felt like the entire process of communication and being able to practice therapeutic communication, it was a controlled environment which made it easy to kind of be able to pause and really think about what I wanted to say and get out of the patient without being to direct or ignoring their thoughts.

- What could have gone better?

I feel like it went really well overall, however there is always room for improvement. One thing I did is not really pay attention to my body positioning in the very small room. This mistake made it to where I was accidentally cornering the patient in the room which is something I never thought about. So from now on just paying attention to something like my positioning in the room is something that I will be more vigilant of in the future.

- 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 patient really put it into perspective of how some of the questions we ask could come off as us not caring about the patients complaints. Coming from the perspective of the nurse we know that the questions are important however our patients might think we are just not caring about what they have to say.

- How this week impact the way you feel about your ability to use therapeutic communication?

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I honestly feel way more confident about communicating not only with a psych patient but also with all of our other patients that we will communicate with on a day to day basis.

- Did this week change the way you think about mental health? If so, how?

It really did change the way I thought about mental health, now I realize how truly hard it can be to express what's going on and trying to get people to listen is very difficult at times. And even taking care of a Mental health patient I could see it being very difficult to take care of a patient that isn't accepting of the diagnosis and willing to move forward with pharmacological treatment.

- How will you use the knowledge gained from this experience in your practice as a registered nurse?

I will use this new knowledge to try and get a better patient nurse relationship with my communication. I feel like in the past I might have accidentally shut that opportunity down without even realizing it just because of the way I might have said something. So my goal is to overall just use the communications skills I received to help me better care for my future patients.

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