

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'm feel like I had good education with my patient and remained calm. There were moments of escalation with the patient. Payton and I worked together to talk to them and address their feelings of being unsafe. There was even a moment where I was not sure what to say, and Payton stepped in and helped me through it.
- How did it go compared to what you expected it to be like?
I was not sure what to expect coming into the simulation, I did not know we would be playing the role of the patient. That was a pleasant surprise to the clinical. I was able to put a person in that role because we talk about these diagnoses and forget about them just being people. They look just like anyone else in the world, with the stigmas around mental disorders in our community it makes being bias early on difficult. I have never been one to look at someone wrong or judge them, but you cannot help what you are exposure to as a child. I can just try to change it now.
- What went well?
I tried to get down to the main issue which was that the patient did not feel safe in the environment because of their delusions and hallucinations. I was able deescalate the situation as it did turn a little. I provided education on the medication to the patient and got consent for it, also making sure the patient understood everything. I communicated well with the MD in the SBAR situation.
- What could have gone better?
A better choice of words, I told the patient I understood what they were talking about, but I did not know. I did call what they were seeing hallucinations and that made them more anxious. I need more practice with how to therapeutically communicate with my patients.
- Reflect on the scenario in which you were in the role of the patient or family member. How did that experience affect you?
As the patient it was difficult to put myself in the role of someone who feels so deeply depressed that they feel that their act of suicide is the only way. Makenna did an excellent job at not allowing me to escalate the situation. Having the need to smoke and being stuck in a room helps me understand how they can feel more alone without any outside support.
- How this week impact the way you feel about your ability to use therapeutic communication?
It showed me that I need practice, we think that because we communicate daily that we should not have to practice it like we did today. I Had a plan of what I would say,

and when I was put in the situation, I did not know what to say, I had to pause and think.

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

Yes, I was able to put a human touch to what I thought about mental illnesses. Like the big hospital with people that act crazy, I was taught that from my environment like in tv shows. Which is not the case it is about that these people can not control what they are doing and just need some help so they can go back to their lives and live a little.

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

Im going to seat reading about de escalation in a situation and good therapeutic communication. Take the skills I learned today about choosing the right words and maintain a calm environment.