Rebecca Anaya   **09/12/24**

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PMH SIMULATION REFLECTION

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Describe your feelings about your participation in simulations this week?

I really enjoyed participating in simulations this week, it was interesting to see the different perspectives from each role

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

I felt it went really well, in the beginning I was very nervous. I am used to having an assigned Sim scenario to partially complete before Sim that gave me an idea of what to expect. Not having that I was unsure of how/what to expect. However, in my mind I was expecting some difficulty. Especially because it was a psych sim and I know what I've seen as a caregiver caring for or sitting for a patient with psych disorders.

What went well?

As a TPCN, I feel that teamwork and collaboration with the secondary nurse went well. Brianna and I had the alcohol withdrawal scenario.

What could have gone better?

I feel that my communication, and compassion should have been better. Helping the patient to know I see them as a person and not the addiction. My father was an alcoholic and I saw firsthand how it affected him and the treatment he received because of his disease. It hurt my heart.

Reflect on the scenario in which you were the role of the patient or family member.

The role I of the patient I played was the Bipolar disorder in their manic phase. At the apartment complex where I live, there was a resident who has Bipolar disorder and I was able to see from my patio and afar his actions and how flamboyant he was during his mania phase. I was able to use the actions I observed from him for my role as the patient. It was interesting to use and apply what I saw in an actual person with the disorder.

How did that experience affect you?

I was able to see the difficulties and assumptions that can be made while a patient is in their manic phase. It makes my heart hurt to know that bipolar patients during their mania phase may not get the correct treatment due to similarities of a drug addict.

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

This week's impact made me realize I need to really work on my therapeutic communication. I have been told by patients with illnesses, surgical procedures, etc that I am a very personable, caring and compassionate person. However, it's harder to be personable with a patient who suffers from a psych disorder. The words I use for a normal patient with no mental/pysch disorder could be a trigger response, or misconstrued/feed into a person with a mental disorder, which could cause more harm than help.

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

Yes absolutely, this week did change the way I thought of mental health. I know mental health is very important for me as well as everyone else. We all have some sort of issues that affect our mental health. Every person's mental health is different, some suffer from minor issues/disabilities to major disabilities /disorders. Those that have major disabilities/disorders are treated as "crazy" and need to be in a mental institution. That is a stigma that I have been guilty off, thinking to myself "that person is nuts, and needs to be in a mental home". That needs to be changed, people with mental disorder are no different than those who are not diagnosed with a disorder. They need to be seen as a person and not the disorder.

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

The knowledge I gained will be used to try and help see those with a mental health disorders as a themselves as a person and not he disorder they suffer from. They just have triggers and ACEs that I'll need to make myself aware of to better help me, help them. Hopefully I can be a light during their darkness.