

PMH Simulation Reflection- CJ Bradford

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.***
At first, I was nervous just because I did not know what to expect. But as we were prebriefed about the topics and the workflow, I felt much more comfortable in my surroundings and my participation. After becoming comfortable, I could really enjoy the things were learning and grow receptive to all the information taught to us.
- ***How did it go compared to what you expected it to be like?***
Although, I was not sure exactly what the dynamic would be like (like the workflow, environment or scenarios) I did have a feeling that developing our communication skills was going to be a big part of it. This observation was right; practicing therapeutic language, delving into the different facets of mental illnesses, and finding another layer of empathy is what happened.
- ***What went well?***
During my scenario, I felt that I did well using therapeutic communication and providing the best possible care I could. I tried to actively listen to the information my patient was giving me and perform the proper assessments to ensure that I was making proper interventions.
- ***What could have gone better?***
I think I could have been better with time management. I was a little slow with my medication intervention (i.e. getting the nicotine sooner) which caused increase in patient agitation.
- ***Reflect on the scenario in which you were in the role of the patient or family member. How did that experience affect you?***
I truly learned a lot from this experience. Before this scenario, I really did not know how to properly take care of a schizophrenic patient. I know that may seem silly, but I have never overseen care for a patient with this mental illness. Getting to put myself in the role of a patient, I was able to gain this information. Getting to learn about the different symptoms of the disease (command and visual hallucinations, delusions, fear) and see that even with medicinal help that they do not always subside, was very eye opening for me. I now know the way to properly communicate with patients, different medication management for acute episodes and the ways schizophrenia can affect a patient. This scenario will stay with me throughout my nursing career.
- ***How this week impact the way you feel about your ability to use therapeutic communication?***
I feel much more confident in my abilities to talk to a patient and deescalate high tensions.
- ***Did this week change the way you think about mental health? If so, how?***

I do not know if the SIM clinical necessarily changed the way I think about mental health, but just more so informed me on how to better care

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