

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 really enjoyed taking care of the patients we did this week. How we got to learn new ways to take care of patients. I enjoyed learning new ways in which we can approach a patient depending on what is going on with them
- **How did it go compared to what you expected it to be like?**
 - I wasn't really sure what to expect since we were at a new SIM center. I thought the time spent there went really well and all of us got to treat patients and see nursing in a new light.
- **What went well?**
 - I felt in my scenario, that cj and I handle it well. A patient that was struggling with PTSD that was having flashbacks and didn't respond well to sounds as well as paranoia. I felt like we as the nurses did well calming the patient down and grounding the patient back to reality.
- **What could have gone better?**
 - I could have dimmed the lights and made the environment more appealing toward the patient.
- **Reflect on the scenario in which you were in the role of the patient or family member. How did that experience affect you?**
 - In my scenario I took care of Jessie a veteran suffering from PTSD. Upon entering the room jessie was pacing the room and was agitated. Jessie said that she had to check the room for bombs. I assessed the patient using the PLC-C and rated it at 5. Having the patient fall to ground after hearing a simple noise startled me, it is definitely made me look at patients differently. You never know what a patient might be going through behind their diagnosis or what they are being see for.
- **How this week impact the way you feel about your ability to use therapeutic communication?**
 - I feel like I have good therapeutic communication but this week made me realize that each patient is different and you have to have a specific communication depending on the patients needs.
- **Did this week change the way you think about mental health? If so, how?**
 - It definitely did! I already have mental heath struggles in my own family but helping someone you don't know is different. Everyone's mental health looks different and everyone handles things in a different manner. Nursing isn't an easy job and it takes those with a special heart!

- **How will you use the knowledge gained from this experience in your practice as a registered nurse?**
 - Always listen to a patient intently and don't be so quick to judge because you never know that a patient is going through. I also learned new ways to speak to a patient so that they may feel more comfortable talking without feeling like they are just answering a questionnaire