

## 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.
- How did it go compared to what you expected it to be like?
- What went well?
- What could have gone better?
- Reflect on the scenario in which you were in the role of the patient or family member. How did that experience affect you?
- How this week impacted the way you feel about your ability to use therapeutic communication?
- Did this week change the way you think about mental health? If so, how?
- How will you use the knowledge gained from this experience in your practice as a registered nurse?

This week's simulation at Texas Tech University's Health Sciences Center was a great experience. Initially, I did not have many expectations going into sim, because I simply did not know what to expect. Dr. Harrison made it a pain-free, smooth process. She explained each simulation very well, and she gave us all the tools that we needed to be successful in each scenario. I also appreciate that there was nothing in the scenarios that made it feel like we were being tricked or sent into an excessively stressful situation. One thing that went well was the teamwork between each of the students. We each worked together, every scenario, and it helped alleviate some of the anxiety that each of us had going into it. One thing that could've gone better for me was preparation. I wish I would've done research on each diagnosis before going to sim. I think this would have made the scenarios go a little more smoothly and help create confidence in myself and my ability to understand my role as the nurse.

I was involved in the scenario of the patient with severe anxiety, and I played the patient. As someone who has anxiety, and experienced nearly debilitating anxiety as a teenager, this role was one that hit home for me. This scenario, and all of the other ones, showed me that therapeutic communication is key in establishing emotional safety for your patients. This is a way to gain trust, and to keep your patient comfortable. Although I had a good understanding of mental health and wellness before sim, I think the scenarios helped me understand other diagnoses that I have not had much experience with, like borderline personality disorder and Schizophrenia. I will use my experience this week and apply it to my nursing practice by ensuring I am addressing ALL physical AND emotional needs of my patients. I feel like throughout nursing school, we focus so much on other health diagnoses, like diabetes or hypertension, and our focus is shifted away from the emotional needs and mental health diagnoses in our patients. We also hear so much about "therapeutic communication", but it's

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not something I really understood until my psych rotation this module. Our patients can't heal if they are sad, scared, anxious, or in any emotional pain. The body can't heal if the mind is broken.