

This week, simulation psych was an awesome experience. I learned a lot of great therapeutic communication and techniques on how to deal with a mentally ill patient. It went differently than what I experienced it to be I thought it was going to be challenging, but it was honestly one of the best learning experiences I have had during nursing school taught me to be very empathetic and just have a listening ear with the right communication skills. what went well was all the scenarios and volunteering equally I also like how we get to input and output in each scenario. reflection on when I was the patient I felt like the nurses did a really good job controlling my alcohol withdrawal symptoms and also being very encouraging and not giving up on me due to my lack of support system back at home in another scenario, my reflection on being a sister the nurses also took that as an advantage to help the patient because as the sister of the mania I was her primary caregiver so they were asking me questions to get the patient recommendations which I thought was good. This experience affected me by opening my eyes ears and mind to how these mentally ill patients suffer from these diseases and have no control over them. This week has impacted me in a positive way on how I feel about using therapeutic communication because you must use open-ended questions to get information out of these types of patients. Yes, this week changed how I think of mental health. it has made me look at the bigger picture that some of these patients can't vouch for their selves and they also have a constant mind of overthinking things that they have no control over and the only way to help this type of patient is therapeutic communication therapies and medication administration. I will use this knowledge gained through Sim lab to advantage in my future nursing use of all therapeutic communication for sure because I think that's the biggest thing with these types of patients.