

PMH Simulation Reflection

- Describe your feelings about your participation in the simulations this week.
I had strong feelings after Simulation. I found myself thinking about patients with different disorders and how their illnesses affect their lives. We gained a different perspective and dug into the stigma of mental health disorders. I enjoyed all of our acting and it was sometimes funny as we navigated being the nurses. Although we had some laughs and joking at times, we were committed to learning about the different disorders that we were assigned.
- How did it go compared to what you expected it to be like?
I was honestly not excited to enter the psyche rotation, but it has been an eye opener and became my favorite specialty so far. Dr. Harrison gave meaningful explanations of the scenarios that we were running. This has been my favorite Simulation so far.
- What went well?
I think we all gained some good insight into what it will be like when we encounter these patients in our various roles. We all gave 100 % toward our scenarios to make sure we could all experience a realistic scenario.
- What could have gone better?
I don't know if anything could have gone better, because we were totally new to this type of nursing, I think we did well with the information we have had so far. I maybe would have read over some more disorders prior to SIM.
- Reflect on the scenario in which you were in the role of the patient or family member. How did that experience affect you? Being a manic patient affected me greatly, as I really tried to put myself in the mindset a manic patient may be in. It was exhausting and I almost felt sad after. I was definitely more empathetic after.
- How this week impact the way you feel about your ability to use therapeutic communication? I believe I have always try tried to talk to patients, instead of just at them, but I feel that I got some great ideas on how to utilize therapeutic communication better.
- Did this week change the way you think about mental health? If so, how?
Yes, it definitely put into perspective that we all have triggers and that these patients do not choose this life. Our nursing makes a difference, whether it is negative or positive. We would not be mad at a patient that comes in with any other illness so we should think about how we respond to someone in a mental health crisis.
- How will you use the knowledge gained from this experience in your practice as a registered nurse? The Therapeutic communication tools we learned will definitely be valuable with whoever I encounter. Specifically: I see you, You Seem, tell me more about that. If we use therapeutic communication, we can pick up on cues that the patients aren't verbally telling us. We can also utilize these tools to de-escalate some difficult situations.