

PMH TTUHSC SIM

Before Simulation, I was very nervous for my situation and worried about messing up. Considering Simulation is a safe place but I was very nervous. Overall running through the scenarios and learning I had a great outcome. I honestly expected Sim to be very hard but it really wasn't. I was prepared and used the pointers that Dr. Harrison had prepared for us such therapeutic communication by using "I See, You seem, tell more about it". I think I should have taken more time with patient communication instead of focusing so much on the task and assessments.

In one of the scenarios I was the OCD patient and honestly I felt at stress being OCD of trying to refold blankets over and over. I feel like just that moment of pretending was making me very over-stimulated and I can only imagine how our real patients feel. I perceived that my mind was bogged with trying to focus on the OCD task while the nurses were trying to talk and help me.

I believe this week gave me a push in my therapeutic communication and now I understand how some words can be perceived from a patient's view. I believe if I had this practice in Sim before going to Oceans then it would have been easier to talk to the patients.

This week did change the way I perceive mental health and tying this in with lecture made it very beneficial. I will use the knowledge I learned for sim in my nursing career. Psych is not limited in facility or certain speciality but in every aspect of nursing where there are patients. These issues can arise from any one no matter of age, sex, ethnicity , and the list goes on. I now understand the foundation of becoming a nurse is to go in with empathy for the patients and not storm over with our very own emotions when a task becomes difficult.