

## PMH Simulation Reflection

- Describe your feelings about your participation in the simulations this week.  
Simulation this week provoked, happiness, sadness, and frustration. Sim itself went great! It was very eye opening to see how psychiatric patients are treated versus how they need to be treated. I, myself, felt hopeless during sim and throughout this module because I see these people struggle yet I have no idea how to help them or even answer their questions. By the end of sim, I was encouraged because I felt it was very helpful for me as it brought clarity on how to take care of psychiatric patients.
- How did it go compared to what you expected it to be like?  
It was a lot easier than I was expecting. I thought something horrible was going to happen during each simulation. Turns out, it was a very straight forward experience.
- What went well?  
My, "I see you are...", statements were able to fit in for most scenarios that I was a part of. I was able to stay calm in a tough situation while facilitating care and conversation.
- What could have gone better?  
I had a hard time responding to my patient's hallucinations. I know I shouldn't play along with them, but I also did not want to upset the patient any further than they already were.
- Reflect on the scenario in which you were in the role of the patient or family member. How did that experience affect you?  
It was very eye opening. I was the manic patient and to be constantly moving for 15 minutes alone was tiring. I cannot imagine how exhausting it is to do that for days on end.
- How this week impact the way you feel about your ability to use therapeutic communication?  
I think this week was very helpful. I learned words are powerful and to use them wisely. It showed me that there are some things that I need to be very careful about not saying. I need a lot of practice in this area. It helped me become aware of my words and how powerful they can be.
- Did this week change the way you think about mental health? If so, how?  
Since this was my final week in this block, I think this week finalized what I had already learned in the previous weeks. It was still good to experience this week.
- How will you use the knowledge gained from this experience in your practice as a registered nurse?  
As I go into my nursing career, no matter what field I decide to go into, there will always be patients with mental illness. This experience has helped me gain confidence in helping these patients. The biggest thing I will take with me is to not overlook these patients just because of a mental illness.