

## 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.
  - During simulation this week I assumed the roles of total patient care nurse for a patient with mania, secondary care nurse for a patient with anxiety, and a patient with borderline personality disorder. I feel that this variety in assignments was very beneficial to my overall learning because it allowed me to experience the process of mental health nursing from every role involved. Conclusively, I feel that my experience in simulation helped me develop a completely new outlook on mental health nursing.
- How did it go compared to what you expected it to be like?
  - Initially, I expected the scenarios to resemble more emergent situations. Retrospectively, I feel that I was much more prepared to handle the scenarios presented to me in simulation than I had initially thought. I will use my experience during simulation this week to reaffirm my abilities as a nurse and increase my confidence.
- What went well?
  - I feel that I was able to implement my knowledge about therapeutic communication techniques from lecture very effectively during this week's simulation. I believe I was also able to provide my patient with relevant and concise education regarding my nursing interventions and their medications.
- What could have gone better?
  - I feel that during my simulation experience I could've attended to the needs of my patient's family members quicker. My patient had their sister present in their room with them. While I was attempting to educate my patient about their newly ordered medication, which was something that took longer than expected, I neglected to properly acknowledge their family member.
- Reflect on the scenario in which you were in the role of the patient or family member.
  - During one scenario in this week's simulation, I played the role of a patient with borderline personality disorder. While I assumed the role of this patient, I continuously paced the room and verbally jostled with my nurses. I believe that my actions were reflective of true patients diagnosed with borderline personality disorder, and I attempted to approach this scenario in a realistic way because I wanted to provide the nurses with a truly representative experience of managing a patient with this disorder.
- How did that experience affect you?
  - My experience as a patient with borderline personality disorder allowed me to experience life through the eyes of a person with a psychiatric disorder. I was

able to inhabit the thoughts, physical characteristics, and mentality of a person with borderline personality disorder. This experience affected the way I relate to psychiatric patients.

- How this week impact the way you feel about your ability to use therapeutic communication?
  - This week had a tremendously positive effect on my comfort level regarding the use of therapeutic communication techniques. I have never felt uncomfortable utilizing therapeutic communication techniques while conversing with patients, however, I now feel more equipped to actively apply these techniques to de-escalation and redirection of conversations. I will use my experience from this week's clinical simulation to alter my approach to interpersonal communication between myself and my patients.
- Did this week change the way you think about mental health? If so, how?
  - My experience during this week's clinical simulation has helped me feel more comfortable with the concept of mental health nursing. Prior to this week, I have always felt that my thoughts surrounding mental health were undefined and unfocused. However, now that I have been given the opportunity to experience mental health from both the perspectives of a patient and healthcare worker, I have found myself empathizing more with clients possessing mental health disorders.
- How will you use the knowledge gained from this experience in your practice as a registered nurse?
  - I believe that my newfound empathy for clients with mental health disorders and improved confidence regarding therapeutic communication will help me to establish a more positive rapport between myself and my future patients. I can now identify significant minute details that can be used to visualize alterations in affect and mood of patients with psychiatric disorders. Following my clinical simulation experience from this week, I will be able to advocate for the needs of my clients possessing psychiatric disorders better than ever before.