

## 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.  
My participation in this sim was a great experience. I was outside of my comfort zone as far as the acting goes but it gives you the slightest glimpse of what people with these disorders have to go through every minute of their day. As far as my participation in my nursing role I feel like I was able to gain a lot of knowledge on therapeutic communication. Overall it was very easy for me to stay engaged and participate in every scenario whatever the role had.
- How did it go compared to what you expected it to be like?  
It was a lot more informative and beneficial than I thought it was going to be. I feel like I learned a lot more about mental health and how to help people who are struggling with disorders. It was a less stressful than I thought it would be even though I was still stressed.
- What went well?  
I feel that every aspect of the simulation went well and that it was a great learning experience.
- What could have gone better?  
I should have focused more on the fine detail. I was stressed and got tunnel vision on what I needed to do that I missed what time my scenario was at. I learned that no matter what is going on or what your feeling you need to give your full attention to the patient that you have and what you are doing for them.
- Reflect on the scenario in which you were in the role of the patient or family member.  
I had the patient who had PTSD and it was a good learning experience to me. I tend to talk fast, loud, and move quickly and with this patient I had to slow down, talk low, and explain to the patient what I was doing so the patient wouldn't be startled by any noises.
- How did that experience affect you?  
This experience was very informative. I was able to use therapeutic communication and strengthen my skills.
- How has this week impacted the way you feel about your ability to use therapeutic communication?  
I feel like it helped me a lot with being more comfortable using therapeutic communication and how to use it but I feel like I still have a lot of growth to do regarding therapeutic communication.
- Did this week change the way you think about mental health? If so, how?  
It changed a lot about how I think about mental health. I have always taken it seriously but I never really knew how to approach care or conversation with someone who had severe mental health problems and now I feel comfortable with the idea of it.

- How will you use the knowledge gained from this experience in your practice as a registered nurse?

I will continue to work on therapeutic communication and treat every patient the same, with respect, and dignity.