

## 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.
- How did it go compared to what you expected it to be like?
- What went well?
- What could have gone better?
- Reflect on the scenario in which you were in the role of the patient or family member. How did that experience affect you?
- How has this week impacted the way you feel about your ability to use therapeutic communication?
- Did this week change the way you think about mental health? If so, how?
- How will you use the knowledge gained from this experience in your practice as a registered nurse?

My feelings during the simulation this week were nervous and anxious at first. I just didn't know what to expect or how to treat patients with these disorders. It went better than I thought because I know it was just for practice and we were all learning. I also feel like it was easier to talk to the patient than I thought, because you have to slow down and ask them their feelings and what they are personally going through. I feel like I was able to go in and talk to the patient as a person not a disorder. I feel like I could have used more non-pharmacological techniques for my patient because she was feeling super anxious. I could have thought ways to help prevent and cope with her emotions. If I was the patient or a family member it would be hard. It would be hard to be in that situation living in the fear and anxiety my patient had. It would be hard to live life being scared all the time and this specific patient had major trauma from the past. She was scared, one of safety but two of just being alone. This week has really helped me understand how I should communicate to people with their different stories because not everyone has the same one and not everyone has the same emotions. SIM has helped me to realize that you may not know what to say but being with your patient and providing that comfort is sometimes more than just handing them a pill. Talking and getting to know their story and their emotions and how they feel is your main goal. This week has changed the way I view mental health; it's not just a disorder but it's a person with a story. Sometimes their stories are more challenging, or some might be easier to talk to and get to know. I will use this knowledge I gained this week for my nursing practice because I know that sometimes a pill is not the goal. Sometimes the hand hygiene and 4 P's is not your goal, but actually slowing down and listening and understanding your patient is much more important. It is important to get to know your patient not as a disorder but as a person and you as a nurse get to help this person walk through the toughest time of their life.