

PMH Simulation Reflection

- Describe your feelings about your participation in the simulations this week.
 - Simulations this week were a fun but also challenging activity. The challenge of doing simulations on scenarios that we have never learned anything about in class was slightly frustrating because on one hand I didn't have any ground work underneath it beforehand. It is usually a good time to be able to get out of the classroom and do an "activity" of sorts and practice some skills that otherwise in traditional Sim experiences would not have been available.
- How did it go compared to what you expected it to be like?
 - I'm not sure what I expected going to SIM this week, only because I had very little knowledge about the mental disorders that we were acting out. While it was an interesting activity I wish I could have had some lectures beforehand so I could connect some dots.
- What went well?
 - I feel like everyone in our group really rolled with the punches and adapted to the situation. From not knowing anything about the disorders, to a new location, freezing cold rooms! I feel like we all did a really good job working with the tools that we had at hand.
- What could have gone better?
 - I would have really like to have had the classroom lectures previous to having this sim activity. I realize this is impossible due to the time and how the module is set up.
- Reflect on the scenario in which you were in the role of the patient or family member. How did that experience affect you?
 - I was the patient with Schizophrenia and while it was difficult to act the part because I knew very little about the disorder, it was interesting to see how the nurses reacted to my constant "demon" arguing with me. At one point I could tell the primary nurse was getting very frustrated with me and almost snapped and became a bit short with me, while completely understandable we have to learn we cannot do that with a patient that has this as a true struggle.
- How this week impact the way you feel about your ability to use therapeutic communication?
 - I really enjoyed getting to know and understand how to use the "I see you, Tell me, and You seem" statements. I am excited to use those going forward in my psych rotations the next few weeks and test it out.
- Did this week change the way you think about mental health? If so, how?
 - Mental Health has always been an area of medicine that I've found interesting but never could see myself actually working. I'm excited to see if my interest in mental health continues to grow as I go through school and get into the field.

- How will you use the knowledge gained from this experience in your practice as a registered nurse?
 - At the end of the day today, I talked about not putting our patients in a box and remembering they are a real person, with real feelings and should be treated with just as much respect and dignity as someone who does not suffer from such a disorder. Being able to be understanding and compassionate to these patients is huge!