

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 did this week impact 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?

This week in SIM I learned a ton and was able to grow in my knowledge of mental health and the disorders that can come with it! Not having any psychology lectures prior to SIM put a unique and major learning opportunity into play for us students! I walked into SIM very nervous not having much experience with psychology patients and how to care for them! Once I got into SIM and we started talking about the different disorders and how they can present themselves was very interesting to me! I had the patient with anxiety. Not being an overly anxious person myself, I found myself not always knowing how to respond to this patient. Being able to put into action caring for real people and not just mannequins helped a lot with being able to work through the scenarios. I expected it to be a lot more nerve wracking just because we have never talked about psychology in lecture, so I was nervous with the possibility of what was to come. But I ended up feeling a lot more comfortable compared to simulations in other modules because we were able to care for the patient as a whole and not just worried about one little thing going on with that patient at that certain point in time. I think all the scenarios went well in how we were all able to help care for these patients and adapt to the situation going on in the patient's room. I'm not sure what could have gone better. In my opinion I don't think anything went wrong because we were all resilient and able to adapt very well. I was a patient with PTSD. Putting yourself into the shoes of someone with this disorder is very interesting. I think my nurses did a great job in making the patient feel comfortable and safe. But putting ourselves in the shoes of these patients really puts into perspective how they possibly live their everyday lives. I learned a lot about therapeutic communication this week. We have been learning this all throughout nursing school, but this simulation experience shows a different side of communication that we don't get to practice a lot. I learned that all these patients are

different in how they want to be cared for and talked to and we as nurses must be able to flip that switch to be able to give them the best care possible. This week changed a lot about the way I see mental health. I knew that mental health was important but a lot of times in the hospital these patients are just skipped over because nurses don't want to take the time to talk to these patients to figure out how to really help them. But some of these patients just want someone to talk to. I will use this experience all the time from now on in my nursing experience. I really loved the "I see you" statements and I am excited to try that in conversation with my patients.