

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 my SIM experience I had a patient that was undergoing alcohol withdrawal symptoms. During this experience I wasn't as anxious since I did have experience with alcoholic patients and I was also very well acquainted with the CIWA assessment. I was however a little anxious since it is a simulation and I was expecting a curveball to be thrown. Although there was areas I could improve on, I felt confident.
- How did it go compared to what you expected it to be like?
 - I was expecting a curve ball to be thrown during this experience but was relieved when Ms. Harrison told us that we are not having a curveball and we are going to be focused on communication with our patients. Which was new but welcomed.
- What went well?
 - I believe I did well in assessing my patient and was able to experience taking care of solely a patient with alcoholism rather than just an alcoholic patient with heart problems. Being able to focus strictly on a patient's whole rather than a "part" in SIM was very beneficial.
- What could have gone better?
 - I believed I was awkward and could've been better in communicating with my patient but I do know my confidence does have to build up.
- Reflect on the scenario in which you were in the role of the patient or family member. How did that experience affect you?
 - During the scenario where I was a patient who was manic. Although we laughed at it and we're having fun, the realization that someone is going through this and believes that the way they're acting is true to them. It was very eye opening.
- How this week impact the way you feel about your ability to use therapeutic communication?
 - I believe that this week gave me a new way to communicate with my patients and become more understanding. I believe it makes me a better nurse and was very beneficial since this was my first week in clinical and I am now able to make the use of this type of education on actual psych patients.

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- Did this week change the way you think about mental health? If so, how?
 - I believe that it did because participating in SIM as an actual patient allowed me to kind of see how a patient with these conditions are thinking and gave me a better understanding.
- How will you use the knowledge gained from this experience in your practice as a registered nurse?
 - I will use the “you” statements to better care for my patients and do my best to realize that their actions from their illnesses isn’t personal. This will overall make me a better and more understanding nurse