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 feelings about participating in sim this week are that I left feeling really good about the possibilities of patients reacting differently in certain situations. While I know that sim is a safe place to learn with complete control over the scenario, I think that some of the reactions were very realistic, and I got exposed to new things that can be beneficial to my nursing career.

- How did it go compared to what you expected it to be like?

I thought sim went very well compared to past experiences. I didn't have any expectations but based off of old sim labs, you never know what you're going to get. I think that Mrs. Harrison helped us all feel really good about the scenarios we were going into and made sim feel like a safe, learning environment. I enjoyed this sim experience very much.

- What went well?

I think overall the whole experience went very well. I like that we are able to have a second nurse in there and I love that we were given the opportunity to pick our own patient.

- What could have gone better?

I think if I could choose anything to have gone better it might would have been to go by myself in my scenario because I felt like I had a plan but when you get two nurses the plan can sometimes change.

- 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 manic patient. While I enjoyed being manic, I saw how it affected those around me and the whole scenario was just overwhelming. I could see how it could get out of hand very easily. Just acting manic for about 15 minutes was exhausting, I cannot see how those patients can stay on a high for so long without feeling the need for sleep or for food after being that way for so long.

- How this week impact the way you feel about your ability to use therapeutic communication?

I think therapeutic communication should be hammered into all nursing practice and not just psychiatric patients. Even when being a patient in the scenarios, the way that I was spoken to and the little things they helped me do, made me relax as a person, not just as a patient. Therapeutic communication has the ability to completely change patient interactions in such a positive way if used correctly and I think being able to practice it this week made me feel "ahead of the game" when I go back to clinicals.

- Did this week change the way you think about mental health? If so, how?

I do believe this week made me change the way I think of mental health in the way that most of these patients have no control or recollection of what they say or the way they act. If they are ever able to control those things and can look back on it, the embarrassment and shame they may feel could be unbearable. I think to have more patience with them and to be put into their shoes was a great way to understand both sides of psychiatric nursing.

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

I will use this knowledge to further my nursing abilities to allow me to care for my patients on a deeper level and not on a surface level. I really enjoyed this sim and I am grateful to be able to do this is a controlled environment.

This is my pup Macie girl!! This is how I study most of the time because she gets sad, I can't give her any attention while I study on the weekends. ☹