

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 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 simulation was fantastic. I feel that it gave us a great look into what someone dealing with mental illness looks like and how they operate in a clinical setting. I really enjoyed trying to imitate a person with schizophrenia and providing care to a person with Bipolar I Mania phase. Initially, I was nervous to play the role of a primary nurse in these situations because we have not gotten to practice therapeutic communication to someone with a mental illness. I was felt excited because I knew it was a great opportunity to broaden my skills within this type of field. Understanding the medications associated with different disorders started to make more sense and I feel as a whole group we were able to do great with picking what medications would be satisfactory to the patients. I also feel like I did well with communicating to someone going through mania, keeping calm in the situation and de-escalation. I would have changed how organized and direct I could have been. As soon as I entered the room, I did feel as though my organization changed and I needed to gather my thoughts. I also think that being more direct with the patient could clear up any confusion. If I could go back, I would have given more attention to the family member in the room due to them experiencing tremendous anxiety and just needing to give their loved one the right help. Having to act as the patient with schizophrenia was challenging. No one knows what these patients are going through unless you are the actual patient with the disorder, so I didn't really know how to act or feel during the simulation. I tried to imitate what a person with schizophrenia may act like according to textbook terms, but patients

with schizophrenia all act different depending on what they are dealing with at the time. During the simulation with me portraying a patient with schizophrenia I really did become tired, and it gave me a tiny perspective on how tired an actual person dealing with schizophrenia may feel like. After this week I feel much more confident in my ability to convey therapeutic communication. I was worried that it may be complicated, and I may slip up and say something that may be interpreted as judgmental, but I was able to listen and demonstrate respect. I can recognize how hard it could be though, to convey therapeutic communication when you are constantly communicating with psychiatric patients and how some can be more difficult than others. This week changed my perspective on the way I think about mental health in the sense that people dealing with mental illness cannot control many of the ways that they feel. During simulation we compared many disorders to the way a person has an involuntary reflex to vomit when sick. Many people's disorders cause them to involuntarily do things that may annoy or aggravate other people who are not struggling with the same thing. I will always carry this knowledge with me in my future nursing career because even if I don't do psychiatric nursing, there are still people in the hospital who struggle with varieties of mental illness. I can use the skills I obtained from this week in caring for someone who may be in the hospital due to an accident or new diagnosis or even just as simple as a checkup.