

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 sim this week, I felt very comfortable and in a non-judgmental space. I was able to learn about the different mental illnesses, the medications used for the specific scenarios, and therapeutic language. I'm glad sim was not super serious and we were all able to laugh and learn together.

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

I expected it to be more difficult, but I quickly realized how much I know (medication edu, therapeutic language, etc.) which helped me to feel more confident going into the scenarios.

- What went well?

My therapeutic communication was very comforting and non-judgmental. I also had great medication education and teachings of side effects.

- What could have gone better?

I believe I could've been a little bit more exploratory towards the patients background and gained more information.

- Reflect on the scenario in which you were in the role of the patient or family member. How did that experience affect you?

When I was the nurse I felt very prepared even though there was minimal preparation. As the second nurse, I felt a little "useless" because I was trying to allow the 1st nurse her opportunity to do her assessment, etc. I didn't want to overstep and take away her learning experience from her scenario.

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

I feel confident in myself to properly use therapeutic communication. It came a lot "easier" or "natural" to me to execute.

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

This week changed the way I perceived mental health. My idea of mental heal was more violent and scary, but the simulations were more controlled and calm.

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

I have learned how to give these patients more grace and understand that they cannot always control or help their thoughts, actions, words, or feelings. A lot of these illnesses can be “fixed” with correct medication usage, nonpharmacologic measures such as therapy, and simple basic human interactions.