PMH Simulation Reflection

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10/31/2024

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?

1. Describe your feelings about your participation in the simulations this week.

I always have mixed feelings about doing simulations and/or CPE. I am always anxious about doing it right the first time though it is supposed to be where I can learn nursing skills and where I can make mistakes without endangering the lives of real patients. Anxiety would just go through the roof knowing that somebody is watching over me and the more I fumble along the way. I think doing it more would somehow makes me more comfortable with people watching over me, and I would be able to do what I needed to do without having to cater with my feelings. It just makes more sense about simulation recreating a real-life scenario since most of the time relatives are with the patient. Like what other people are saying that I'm just being too hard on myself. I think I must overcome it.

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

I was expecting my day to be much worse since I don't have extensive experience talking with someone who has mental health issues. More so when I finished pre-reading the different scenarios that we are having. All my ideas and thoughts are just rushing through my brain the night before the simulation. I was already rehearsing my AIDET, my communication skills, the rights of medication administration and of course my 4 P's. So, I was really on my toes the day of simulation. But after we had our first case scenario, I just kind of loosen up knowing that I already have experience this on my clinical rotation at Oceans and from the previous modules. I think I did good in delivering myself as the alcoholic patient and as well as being the primary nurse to the patient with paranoid schizophrenia.

3. What went well?

I think my preparation and pre-reading the case scenarios paid off. I was able to reorient the patient as to where she is at present and were able to gain her trust with her food. She felt safer when we told her that she was in a hospital. Although it is a case simulation, I felt so relieved knowing that she is not that agitated, and she was more relaxed when we called nursery to make sure if there's a newborn that she mentioned. Somehow, she accepted the fact that what she is experiencing is more of the derangement of her neurotransmitter after we educated her about her condition.

4. What could have gone better?

It could have gone better if I was more relaxed in relating to the said patient upon entering her room. The steps or plans that I talked with my secondary/charge nurse could have been followed from aidet up to leaving the room. But we stood firmly and was able to deliver care and made the patient took her medication and we gained her trust and were able to build rapport.

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

I realized they are vulnerable to being stigmatized, feels like they can be easily judged about their addiction as being shameful. Being in that situation, it seems to be you are under the mercy of medical staff in providing care and understanding. Hopefully that you get to be under the care of a compassionate and understanding staff. Most of all, it is fear of judgment.

6. How this week impacts the way you feel about your ability to use therapeutic communication?

I was challenged on how I could do therapeutic communication on such challenging patient. In as much as I'm still learning the ways how to do it, I think Im on the right track. I just have to do one step at a time and keep on practicing the "I see…… You seem…… Tell me……"

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

Yes, though I knew that it was due to the derangement of the neurotransmitter that induces the characteristics of people afflicted with mental illness. It changed my outlook that it wasn't the individual's fault to have it but they are the less fortunate ones experiencing such malady worthy of time and care.

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

I would be more understanding of their situation and appropriating them time and care that is due to them.

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