

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 did 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?

As a whole I feel really good about my participation in sim. I loved how we were able to participate in each role at least once and got to practice therapeutic communication with a real person instead of a mannequin. I feel like it went a lot better than I was expecting. In the past I always got really bad anxiety before the scenario because there was always a big twist or they were really picky about the little things so my brain was all over the place. I loved how we prebriefed before which set a great expectation on what to expect when caring for our assigned patient. I loved how we were able to really put into practice therapeutic communication. I feel like everyone executed their scenarios really well and we all worked good as a team. In my role as a patient experiencing PTSD I felt I could have shown a better example of someone with a war flashback, but I wanted to not over exaggerate. It was hard for me since I haven't ever seen or talked to a war veteran with PTSD. It felt eye opening seeing how PTSD affects people. During and after the scenario I felt very empathetic to what people diagnosed with PTSD have to go through in day to day life. I was glad to act in the scenario to put myself in their shoes so I can better care for those patients in the future. I felt like us as a group made tremendous strides in how we therapeutically communicate. We all got super comfortable and used to talking in a way that shows sympathy and care while also having that healthy patient nurse boundary. I have always known and felt that mental health is extremely important. I did feel like it changed my perspective on certain disorders that have a lot of stigma behind them like schizophrenia, bipolar, and BPD. I feel like tv and movies are what people associate with those disorders instead of looking and talking with real people who are diagnosed with them. They need to be treated with the same care and respect as everybody else. With the knowledge I gained from this experience I am really considering working as a psych nurse. I became a nurse because I love the side of nursing where we can really get to know, talk, and show compassion for our patients. I feel like psych is a unit that can really use that type

of care and make a difference. I will use the knowledge I gained to gain a good repour with my patients and make sure they have as good of a hospital stay as possible and are left feeling like we truly care about not just their physical well being but their mental wellbeing as well.