

PMH Simulation Reflection – Jordan Magee

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.
 - I thought I did well participating in each scenario I was involved in. I made sure to commit to the experience and get everything I could out of it, especially since I have never encountered these type of patients before. Whether I was the primary nurse, secondary nurse, or patient, I wanted to fulfill my role and do my best so that everyone involved would be able to have the best learning experience possible.
- How did it go compared to what you expected it to be like?
 - It was not as overwhelming as I thought it was going to be. I did not quite know what to expect from each of these psych scenarios and to be honest, it was a little daunting to read up on the background of each patient. Going into the room and interacting with them, you realize that they are just humans and cannot help the way they are speaking or acting. It helped to put it in perspective for me and to treat them with just as much respect as any other patient.
- What went well?
 - I think therapeutic communication and pharmacologic interventions went well. We all did our best to communicate effectively and appropriately with each of the patients and the appropriate pharmacologic interventions were applied in each scenario. I did my best to make the patient feel safe and actively listen to them when they were speaking.
- What could have gone better?
 - I think having more non-pharmacologic interventions prepared in my mind would have been helpful. Sometimes I did not quite know how to respond to what the patient was saying and I think that threw me off. Having more non-pharmacological interventions ready would give me more options to help the patient feel calmer and deescalate the situation.
- Reflect on the scenario in which you were in the role of the patient or family member. How did that experience affect you?
 - In the scenario that I was the patient, I acted out bipolar mania. In all honesty, I thought it was a fun scenario for me since the patient was to feel like they were on top of the world and full of energy. I could definitely see how it would be a little overwhelming to have a patient that will not sit still, sleep, or eat. The nurses did a good job making sure I was safe and did not do anything I was not supposed to. It was certainly helpful to somewhat understand what these patients are going through.

- How this week impact the way you feel about your ability to use therapeutic communication?
 - Overall, I thought therapeutic communication went well. The main things I had to remember was to remain calm, ensure the patient felt safe, and actively listen to the patient. I know I can definitely improve in this though, as there were some times when I felt like I did not know what to say or what would be best in the situation. This week did help to solidify what I have learned about therapeutic communication and pointed out areas where I could grow.
- Did this week change the way you think about mental health? If so, how?
 - Yes, it certainly helped me understand that the patients experiencing a mental crisis are very vulnerable and deserve just as much care and respect as any other patient. It was helpful to remember that they cannot control how they are acting or feeling. Instead of being annoyed or avoiding these types of patients, it is important as a nurse not to act out of emotion.
- How will you use the knowledge gained from this experience in your practice as a registered nurse?
 - I will continue to grow and work on my therapeutic communication skills and use that as best I can in my practice moving forward. I will remember that they cannot control what is happening to them and treat all patients with respect. Lastly, I will remember to never act out of emotion but to always strive to think clinically.