

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.
 - I enjoyed this sim experience greatly and was very pleased with my groups and I participation in the experience. It was a very helpful experience as it allowed us to expand our understanding of psychiatric disorders.
- How did it go compared to what you expected it to be like?
 - It went far better than I expected it to be and was far more streamlined than I first thought. It was an interesting experience as I felt like each scenario brought a different type of nursing intervention to the table.
- What went well?
 - I feel like scenarios and debriefs went extremely well. The scenarios allowed us to expose ourselves that psychological disorder and learn ways to help the PT cope with the experience. Debriefs were nice as they allowed us to properly reflect on the scenario, because its hard to notice everything in the scenario as it can be stressful sometimes.
- What could have gone better?
 - I felt like day one sharing a hallway with Tech students while not a awful thing but made it difficult to reach the med cart.
- Reflect on the scenario in which you were in the role of the patient or family member. How did that experience affect you?
 - The scenario in which I was a schizophrenic was eye opening because I couldn't imagine having to constantly question reality. Which I believe is super mentally draining and can bring on a plethora of other problems.
- How this week impact the way you feel about your ability to use therapeutic communication?
 - I felt this week strengthened my ability to effectively use therapeutic communication. The scenarios were helpful as they gave different instances that certain communication techniques would be more beneficial than others in that instance.
- Did this week change the way you think about mental health? If so, how?
 - Yes, I feel like it feels more realistic. Not that it wasn't real before, but I feel like once you learn more about subjects it feels more real and tangible.
- How will you use the knowledge gained from this experience in your practice as a registered nurse?
 - While I'm not an expert on psychiatric disorders. I feel like it allowed me to at least a small amount of understanding towards psychiatric disorders that I could build upon throughout my nursing career.