

## 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 felt that my participation during simulation went well, I was able to be nurse 1, nurse 2, a patient and a family member. This helped me get a different perspective I learn a little more about each diagnosis and their perspectives.

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

Simulation went very well, at first it was a little intimidating but as we went through the scenarios, I was able to feel more confident. My initial thoughts of SIM did not compare to the experience I had, I initially did not believe that I was going to be able to successfully do a scenario, but we were all well prepared to use our knowledge from class and observation.

- What went well?

Something that went well in simulation was learning how to interact with each mental health diagnosis, as I group, I felt like we left more confident and prepared.

- What could have gone better?

Something that could have gone better could have been my performance as a nurse 1, I think I was too preoccupied on trying to help the patient and neglected my medication administration.

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

In one of the scenarios, I played the role of the patient with PTSD. The experience helped me envision the difficulties that these patients go through. It was a great experience "putting ourselves in their shoes" for once.

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

After this week, I feel more confident in my use of therapeutic communication. Performing my scenario, observing my classmates, and debriefing gave me a lot of more insight on pointers that I could use in the future.

- Did this week change the way you think about mental health? If so, how?  
This week did change my mind about mental health, mostly relating to the patient's inability to control their behaviors. I believe that sometimes we lead with emotions, rather than trying to understand that these patients are going through a hard time, they need a lot more patience and grace.
- How will you use the knowledge gained from this experience in your practice as a registered nurse?

Moving forward I will be able to put into practice many of the techniques that I learned in sim lab. Dr. Harrison gave us a lot of pointers that are very helpful, not only for the mental health community but for all patients. By observing different scenarios with different diagnosis, I was able to learn ways to use therapeutic communication that best aligned with the patient's mental health condition.