

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.** It was very interesting and different than any sim experience I've had in the past. I learned new skills (therapeutic communication) that I will be able to go forward practice on and use the rest of my career and even when I am not working.
- **How did it go compared to what you expected it to be like?** I feel like I learned more and enjoyed it more than I was expecting. At the beginning, I was expecting it to be stressful/chaotic. It was a little stressful just because everything was so new, but it wasn't chaotic, I wasn't running around with my head cut off.
- **What went well?** I believe the ability to work with another nurse helped. Teamwork went well and we were able to bounce ideas off each other is always helpful. Also, having someone to help pick me up when my brain is scattered everywhere.
- **What could have gone better?** I think being able to work with the schizophrenic patient could have gone better. I wasn't sure how to interact with her, how to distract her, or even what to say to make her feel better. I know she was really worried about her baby and the breast milk, but I wasn't sure how to comfort her without giving into her delusions because I also wanted to try to keep her in reality and not scare her any more. Also, in my own situation with the anxiety patient. I had to get her to sign the consent. I think explaining the consent better could have gone better- something I will need to practice.
- **Reflect on the scenario in which you were in the role of the patient or family member. How did that experience affect you?** I was able to put myself in the shoes of a patient who was hurting and couldn't have exactly what I wanted (drink or cigarette) I had to settle for a nicotine inhaler instead.
- **How this week impact the way you feel about your ability to use therapeutic communication?** Dr. Harrison provided us with a really good tool- I see you.. you seem.. tell me.. and I think that is very helpful in starting/steering a conversation the right direction with a patient. I just need to remember to use that because I forgot in the schizophrenia scenario when I was the second nurse.

- **Did this week change the way you think about mental health? If so, how?** Yes, I learned about things I didn't know. I also learned about the stigma of "they did it to themselves so they can sit there in pain" so I guess undermedicated and it is so sad because that in my eyes is very harsh, and I know their conditions are out of their hands- they don't deserve to "sit there and think about what they did". Also, with people avoiding them because they think they are going to act out. It's like they are being punished for having a mental illness which is not right at all. They are not prisoners.
- **How will you use the knowledge gained from this experience in your practice as a registered nurse?** Understand the patient's side of mental health and try to put myself in their shoes (as stated above about them not deserving to be treated the way they do sometimes) I should show empathy and believe them when they are hurting. Also, use therapeutic communication in any field I go and even in daily life. Hopefully, I can learn more things along the way to add to my nursing toolbox.