

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 feel very proud of myself for doing the best that I could even if I didn't know what to do in the moment. I also feel like my group and I worked really well together, we helped and gave each other constructive criticism. I think we all left sim today very satisfied with the knowledge that we gained.
- How did it go compared to what you expected it to be like?
It honestly went very smooth, I don't know why I expected it to be a complete chaos, well at least with my scenario. I felt like I wouldn't know what to do since I have never done anything like it, but everything ended up being okay and like I said, it was a great learning experience for me.
- What went well?
I was able to communicate well with the Doctor as far as explaining the situation and getting an order for the nicotine inhaler. I think I was also able to advocate for my patient when it came to prioritizing his alcohol withdrawal and letting him have the nicotine inhaler.
- What could have gone better?
I realized I did not ask him when did he have his last drink and that is one of the most important parts of an assessment when dealing with a patient who is withdrawing from alcohol use. I also think that my communication with the patient could've been better, I didn't give the patient any options for distraction when he asked to for some alcohol and seemed very irritable.
- Reflect on the scenario in which you were in the role of the patient or family member. How did that experience affect you?
I think it was a very fun experience and at the end of the day, both the primary and secondary nurse knew how to help me as the "patient" calm down. They did a very good job at giving me reassurance when it came to me being very anxious and alert. Overall, I felt that I was well taken care of by my classmates.
- How this week impact the way you feel about your ability to use therapeutic communication?
This week in sim definitely helped me better my therapeutic communication. We didn't know what to do in certain situations with our scenarios, but it was nice to know that

we could ask questions about what to do or what to say because we were in a safe learning environment.

- Did this week change the way you think about mental health? If so, how?
It did change the way I think about mental health, before I came into this block, I felt a little scared because I didn't know what kind of patients I would encounter. However, even if it was just a simulation this week, I feel like now I am able to understand that these patients are human beings just like us that experience things that they can't control, and they rely on us to help them.
- How will you use the knowledge gained from this experience in your practice as a registered nurse?
I think I can apply therapeutic communication in my practice as a nurse no matter where I work at. I have always struggled with communicating with my patients, but I think that the tools provided to us in sim can be very helpful in communicating with so many of our patients.