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PHM Simulation Reflection
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PMH Simulation Reflection

I attended PHM Simulation twice this week. Having this experience prior to visiting any clinical sites was beneficial for me so I can apply the skills I learned in Sim to real patients in a clinical setting.

At first, I was nervous going into sim because it was at a different location, and I have the wonderful ability to lose my way even when I have precise directions! To my luck, I was able to navigate my way from the parking lot to the lobby with ease and met up with my classmates with plenty of time to spare. I was excited to be there because I enjoy new experiences and challenges.

The overall experience was fun. I got out of my comfort zone when it was my turn to play the patient. Of all the patients there were to play, I got the schizophrenic person! By nature, I am not a person who yells... it makes me feel weird. But there I was playing the role of a patient using a voice that I would not describe as a yell, but a "loud taking, outside voice."

Having the opportunity to role play went especially well for me. I tend to absorb information better when activities are used for learning instead of just reading material.

The only thing I can think of that would have better is if I remembered to bring something so I could write notes.

Playing the patient taught me that I need to push myself to try more when a patient is keeping to themselves or acting out. I felt bad thinking about the way some people with mental illness are provided discounted care due to a condition they have no control of.

Therapeutic communication is not my strong point so having an opportunity to practice helps me gain confidence.

I don't think this week really changed what I think about mental health because I've always felt a certain sensitivity to that particular demographic of patients, but it did change my approach towards them.

I learned that being patient and understanding towards a person with mental illness goes a long way. I should not feel nervous when speaking to them. By changing my approach and being patient, I hope to be able to build trust and rapport with my patients to provide them with the care and attention they need.