

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 was really anxious at first because I did not have a lot of previous experience with psychiatric patients. As the patient in the BPD scenario, I felt anxious, and I liked how they were therapeutic with their communication. Even when they were uncomfortable with what I kept saying.
- How did it go compared to what you expected it to be like?
 - It went better than I thought it would. I was scared I went in knowing nothing but I did well with what I did know. I feel a lot better now that I have some exposure to what we will get a to see in clinical.
- What went well?
 - Med admin went well and the medication teaching. I also think that going over the medication consents went well. Also making sure that the other needs of the patient like getting her food.
- What could have gone better?
 - My therapeutic communication could have been better. I could have removed some things from the room to prevent the patient from endangering the staff while she was agitated. I should have redirected her comments to help her understand what she was feeling and what I could have done to help.
- Reflect on the scenario in which you were in the role of the patient or family member. How did that experience affect you?
 - It made me anxious to be in that kind of mindset. I felt a lot better when the nurses were comforting me and offering me distractions.
- How this week impact the way you feel about your ability to use therapeutic communication?
 - I now know how I can improve my therapeutic communication skills with any patient. I also see how I can implement the “I see you, you seem and tell me” while talking with patients
- Did this week change the way you think about mental health? If so, how?
 - It opened up my eyes to see that there can be many different forms of mental health and how to spot them. It also helped me learn that mental health is not always easy to spot problems. People with mental health problems can't control their behavior and do not mean to act a certain way.
- How will you use the knowledge gained from this experience in your practice as a registered nurse?
 - I will use more therapeutic communication and assess all my patient's mental status. I will know that people struggling with mental health may not be able to

control how they are acting out and to keep treating them like I would any other patient. It is important that they are taken care of like any other patient and to not act on my emotions but to act on my critical thinking skills.