

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.
- How did it go compared to what you expected it to be like?
- What went well?
- What could have gone better?
- Reflect on the scenario in which you were in the role of the patient or family member. How did that experience affect you?
- How this week impact the way you feel about your ability to use therapeutic communication?
- Did this week change the way you think about mental health? If so, how?
- How will you use the knowledge gained from this experience in your practice as a registered nurse?

Simulation had a very positive effect on my learning experience. Coming into SIM, I had nervous feelings regarding the scenarios that were going to be presented to me but after working through them with the classmates; I found the experience very beneficial to my understanding of each disorder and what each one entails regarding patient presentation and nursing interventions. I believe learning how to therapeutically communicate with each different patient in each scenario went well as we were exposed to different situations and had to learn to adapt to their behaviors in relation to knowing how to communicate effectively with them. I also found having another nurse beneficial to my experience as I was able to lean on her for more information if I found myself stuck on something. I believe my form of communication with the patient could have gone better as I had never experienced a PMH scenario before. In the scenario of which I was the patient, which consisted of anxiety, I found that it is very important to let your patient know that they are safe and being cared for by the nurses. In the scenario, my nurses remained calm and collected in trying to assess my anxiety but also made sure that I remained calm and comfortable with them. I believe this makes a difference in patient care due to them not always being aware of their mental status and current environment. Moving forward, I am very appreciative of having PMH simulation early in the block as I am more aware of how important therapeutic communication is and how vital it is to aid in the establishment of the nurse-patient relationship. In addition, I will now try to keep a more open mind when establishing care for PMH patients and making sure they know that we care for them and their well-being. Furthermore, I intend to fully understand and practice the procedure of informed consent as it is a vital concept of patient understanding and safety in my nursing career if I ever decide to practice as a PMH nurse. Overall, the PMH simulation not only

allowed me to gain an understanding of the nurse-patient relationship but also knowing that nurses play a large role in their feelings of safety and well-being.