

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 did 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 this week was terrific! I made tons of gains this week by being on time and participating in all roles of the simulation, whether it was being the Nurse, Family member, or Charge Nurse. Mrs. Harrison was awesome at reinforcing the signs and symptoms you would see whether it was Schizophrenia, Borderline Personality Disorder, PTSD, or Bipolar disorder. I was expecting it to be somewhat of like it was, but I was pleasantly surprised when I discovered it didn't feel like class, but like a real life situation.

I really appreciated how all my classmates played all the roles efficiently so the simulation seemed real. I felt the whole week went well. It helped me establish my calling is indeed a Psychiatric Nurse. One thing Mrs. Harrison did well and really enforced was explaining how mental illness is just like physical illness and to take our emotions out of it, because the patient always needs your compassion and understanding. Most Nurses can get caught up in how the patient makes them feel and it's never about you. I don't feel like anything could have made the experience better, besides maybe if I would have got there a little earlier to avoid being discombobulated. I played the role of the secondary Nurse for a schizophrenic patient and it was really sad for me. It really brought to the light regardless of how hard the patient tries those hallucinations are real for the patient and no matter what they do, in some degree they will always have them. The scenario made me ponder on do most mental illness patients seek a relationship with God, and if not why don't they? God can bless you with peace and mental clarity and I would really stress that as a clinician. It showed me how important therapeutic communication is and how something you say or don't say can really affect your patient for the worst or best. I've always had an interest in mental health due to the fact majority of my family struggles with mental health, including myself. I found that God has been a real source to our strength and would like to implement that in my plans of care. I would also work towards establishing trust between my patients and I, and doing my best to make them feel safe. I feel so grateful for this experience, it's been nothing short of amazing and I can't wait to get out in the field to contribute to all the many Nurses that dedicate their lives to making someone else's life as functional and positive as possible.