

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 felt that I participated appropriately during this week's clinical simulation. I enjoyed playing the role of the patient as well as the primary nurse. This simulation made it realistic on encountering patients with mental health disorders. I found myself thinking about how I would talk to these patients using therapeutic communication during other scenarios. I enjoyed this week's simulation it was a lot more than just asking for a pain scale and what symptoms are you feeling today.

- How did it go compared to what you expected it to be like?
It went really good I enjoyed watching our classmates play out the roles of these mental illnesses it brought the scenarios to life. I personally thought that it was a little to real at times. Mental health treatment is difficult as it is rarely seen in the hospital, so seeing these scenarios beforehand helped me to prepare for what could happen in a real scenario. It was very helpful to practice therapeutic communication and how to find out what is going on with these mental unstable patients.
- What went well?
I thought for my personal scenario as the primary nurse I thought I gave the medications safely and kept the patient safe from hurting herself. As far as a group I thought that everybody participated and took it seriously where our learning outcome was awesome.
- What could have gone better?
I thought that I could have done better therapeutic communication and remembered to get the consent signed. As a group I really thought this week went well I enjoyed it and felt that a lot of learning took place.
- Reflect on the scenario in which you were in the role of the patient or family member. How did that experience affect you?
It took me back to work at Sunrise and remembering a patient with high anxiety and how they act. They were constantly pacing around the day room and couldn't set still and would just come up to me and say the most random things. I guess that's what I was trying to bring to the scenario.
- How this week impact the way you feel about your ability to use therapeutic communication?
It brought me to the reality that when you are put in the situation. It is hard to not show any kind of emotion whether it is verbal or nonverbal communication. I know that I definitely need work on therapeutic communication. I also know this is a skill that will take practice and can get better over time.
- Did this week change the way you think about mental health? If so, how?

It changed the way I feel about the nursing side of mental health it is a lot harder than what I saw from a far. I thought it was just go in take an assessment administer some psyche meds and that was it. I know now that there is a lot of therapeutic communication being done behind the scenes just to get to that point.

- How will you use the knowledge gained from this experience in your practice as a registered nurse?

I will know that these patients are not any different from a person showing physical signs and symptoms. It is just a lot harder getting to the source of the symptom. That is why I will always remember these scenarios and therapeutic communication. I just hope that I am better prepared when it arises in the future.