

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 believe everyone in my SIM clinical group participated and made the experience very helpful. When partnered up with my cohorts, I noticed that we all were working diligently as a team. I try to participate as much as I can in simulation lab because I believe it has benefited me tremendously in my real-life patient endeavors. I also try to participate and be encouraging to all my classmates to help ease their anxiety as well as my own.
- How did it go compared to what you expected it to be like?
For this week I truly did not know what to expect, however it helped me understand the importance of therapeutic communication. Most of the scenarios felt very realistic and it was helpful working with another person.
- What went well?
I believe all the scenarios went well and everyone was a great participant. It also was rewarding when everyone received encouragement from one another. I also really liked listening to everyone give their SBAR and I believe they did a very great job at highlighting the important information
- What could have gone better?
I cannot think of anything besides feeling a bit alienated going to a different place to practice our skills, however the TTUSC Simulation Center was still a great area to practice
- Reflect on the scenario in which you were in the role of the patient or family member. How did that experience affect you?
It felt extremely realistic, and it taught me how to put myself in patients who must suffer with psychiatric conditions every day. It especially made me reflect on how exhausting that must be for themselves and their families.
- How this week impact the way you feel about your ability to use therapeutic communication?
It made me realize how a patient may respond much better when they know that you are not just there to give them a medication and leave, but to truly understand what they may be experiencing. It made me also reflect on how what they are feeling and what they are experiencing is not arbitrary behavior, but that sometimes it can be a cry for help or something that the patient cannot control. It made me want to sit down and take the time to understand how they were feeling what I could do to help so that they can trust me.
- Did this week change the way you think about mental health? If so, how?

Yes, it changed the way I saw how mental health is and how it may be perceived by others. Again, it may be due to trauma and might not be something the patient can control and that we, as health professionals, should not dismiss or invalidate.

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

I will use techniques of therapeutic communication and breathing techniques to understand the why, how, and even when of how my patient is feeling. Furthermore, my goal with therapeutic communication is to show my patients that I can about their holistic health.