

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.

For me, clinical simulation is overwhelming only because I feel uncomfortable being watched by my peers, but during this simulation it was different for me. I think the change in location played a part and for some reason I felt more comfortable in the environment we were in. So, I would say my feelings for this particular simulation was more positive and confident compared to the previous simulations. I went into my scenario with a plan and I was able to follow through with it without my mind blanking.

- How did it go compared to what you expected it to be like?

One the first day, I decided not to volunteer myself as a primary nurse for the scenario because I was extremely anxious. I think by opting out and having my scenario by the second day worked perfectly because when it came to be my turn, I was no longer experiencing doubt in my skills. Therefore, I was able to successfully get through my scenario. I also think not having a time limit helped a lot because I was primarily focused on my interventions and patient centered care.

- What went well?

For my scenario, I would say my prioritization of tasks went really well. I went in knowing that I needed to evaluate the patient, do my assessment, and call the Dr. to recommend medications while also providing therapeutic communication.

- What could have gone better?

I do believe I could have offered the patient more non- pharmacological interventions to ease her hallucinations and delusions.

- Reflect on the scenario in which you were in the role of the patient or family member. How did that experience affect you?

When I volunteered to play the patient who was struggling with PTSD I felt like it was a relatable scenario. Not necessarily because I deal with PTSD, but since my dad does I was able to put myself in his shoes and go off script a tad because I understand what it's like to be around someone who suffers from PTSD.

- How this week impact the way you feel about your ability to use therapeutic communication?

This week I can say I'm more confident in my therapeutic communication. Even though it has made me rethink my responses before replying, I do think it's beneficial to utilize especially with patients who are battling mental health disorders.

- Did this week change the way you think about mental health? If so, how?

Not really, before this module I had an understanding of mental health. If anything, what this week taught me is how to communicate properly.

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

I will utilize this knowledge in my future practice by incorporating communication techniques in all of my care. I think it's especially important to not counter transfer because at the end of the day, these patients need our help and displaying biases doesn't help their recovery.