

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.**

This week, I felt like the simulation went well and it was an enjoyable experience. I was able to be the patient in the GAD simulation, which was a simple task since I have been diagnosed with chronic anxiety. As the nurse, I took care of a BPD patient, which I felt also went well and I was able to utilize therapeutic communication in an effective way.

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

I expected simulation to be a rough experience, only because my nerves in simulation exceed the nerves I feel in the hospital setting. It's nerve-racking to be critiqued by your peers and not be in the "flow" of the typical clinical setting. However, I really enjoyed simulation this week and I was able to demonstrate skills and practice the use of therapeutic communication. I was able to pull personal knowledge to use for simulations in order to understand them better, which made it more enjoyable since I felt like I could relate or just comprehend the process behind the diagnosis.

● **What went well?**

I feel like my scenario overall went well! I was able to provide patient centered care as well as offer empathetic communication to my BPD patient. I maintained safety for myself and the patient throughout, and as nervous as I was, there would be little that I would change.

● **What could have gone better?**

I wish that I could re-do it with more confidence, and a better understanding of BPD now after reviewing the lecture content as well. I would offer some more resources regarding someone to sit with/monitor the patient, but I think it went really well with skills and my communication!

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

Hannah Wright
12.4.2024

Despite having anxiety, it was hard to simulate a “panic attack” since I usually block it out afterwards. I know how it feels but hardly ever how it looks since my body is undergoing a traumatic response to stress. I also struggled with the idea of not “over doing it” since a panic attack can range from very subtle/easy to miss cues to a hyperventilation episode. Anxiety looks different for everyone that has it, despite having a diagnosis criteria, since mental health is anything but black and white.

● **How has this week impacted the way you feel about your ability to use therapeutic communication?**

I was nervous at how I would approach therapeutic communication before simulation, only because offering empathy to a friend differs from a patient - with a patient, you have to follow guidelines and guard your emotions to offer nursing care solely on rationalization and what is ideal for the patient. However, after simulation, I feel confident that I can reach my patient in an empathetic but professional manner, and achieve outcomes that aid in my patient’s healing.

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

I have always been very passionate towards mental health and the concept of breaking the stigma that society has placed on the subject. Being in healthcare, I have noticed the HUGE stigma and discrepancies that happen, which is very shameful. If we can repair broken bones and fix electrolyte imbalances, then we should be able to acknowledge someone’s pain from mental dysregulation. This week at Simulation did not change my perspective as it has always been to advocate and offer understanding. However, it did fuel my drive to always ensure my patient is treated physically *AND* emotionally.

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

Hannah Wright

12.4.2024

This experience, and the entire PMH clinical block, has cemented the idea of always ensuring that mental health is an equal priority to physical health. I've taken on the profession of making people feel heard and leave better than they arrived - these past few weeks have furthered that desire even more. I hope that everyone in our module feels similar, so that we can make exponential changes to health care moving forward.

Thank you Dr. Harrison for sharing your knowledge with us and making this week enjoyable!

I hope this helps lighten the heavy week you had!

