

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 nervous in the beginning but once I was able to start, it became more natural. I try not to think too much into scenarios and am often able to focus well under pressure (which is why I became a Paramedic). I tried to use that to my advantage while still trying to distinguish between pre-hospital and hospital care, which at times has been a struggle.
- How did it go compared to what you expected it to be like?
 - I was honestly thinking that we would be going into it blindly. I am thankful that Dr. Harrison made it comfortable and gave us all the material that we would need, beforehand.
- What went well?
 - I think overall the scenarios went well. It was nice being able to observe the growth amongst my classmates and seeing how well they dealt with each of the pts in their scenarios.
- What could have gone better? I don't know if there was anything that I can say could have gone better.
 - It was an overall good experience and I was glad that we were able to experience the TTHSC simulation lab.
- Reflect on the scenario in which you were in the role of the patient or family member. How did that experience affect you?
 - In the scenario where I played the role of the Schizophrenic pt it was a little overwhelming trying to integrate multiple behavioral and psychological traits to meet the DSM 5 criteria. In the end it made me feel bad for the pts who suffer from schizophrenia, and I can now see how distracted and chaotic their thinking can get.
- How this week impact the way you feel about your ability to use therapeutic communication?
 - I feel a lot more comfortable with my therapeutic communication now. I haven't gotten too much opportunity to use it in my scenarios this module so it was nice being able to apply the knowledge in a hands on experience.
- Did this week change the way you think about mental health? If so, how?
 - Yes. This week has truly opened my eyes to both the provider and pt view in many ways. I have been the pt many times in the past but often fell through the cracks, so it was nice to see that mental health screenings and treatment have evolved tremendously since.

- How will you use the knowledge gained from this experience in your practice as a registered nurse?
 - I will use the knowledge gained to better understand and treat my pts with the dignity and respect that they deserve, while maintaining a professional and safe environment for the short-term and long-term treatment and goals of my pt. Now that I know what this looks like, I can better implement and advocate for my pts and myself.