

Zane Fisher - PMH Simulation Reflection

My experience this week was a lot better than I expected. I liked how it challenged us to be more conscious about our choice of words to our patients.

I thought I did fairly well other than a couple of brain freezes. But the scenario went smoother than I thought it was going to go.

I feel like if anything could have gone better it would have been my preparation on the medications. When asked specific questions if they were addictable or if they would make me sleepy I mind blanked.

In the role of the patient I played the part of the patient who had tumors and I wanted to drink and smoke. Throughout the scenario I tried to make it very clear what was going on with me, and I really wanted a cigarette. Throughout the scenario it allowed me to see what patients could be like with alcohol withdrawal and nicotine withdrawal. I kept pushing for them to let me go outside and smoke and maybe get a drink of alcohol, but they kept resisting. At some point they finally realized a good alternative for me to get my nicotine replacement was in the puff inhaler.

This week allowed me to strengthen my ability to stop and think about my choice of words for the emotional, mentally vulnerable patients. I believe it helped allow me to remember to always breathe and take a second to think about my choice of words to help the patient.

It did it made me see how much more vulnerable they are in the crisis that they are in. How we have to be extremely careful with them because they can take anything the wrong way. After this week I definitely changed my whole perspective on mental health issues.

With this knowledge I have gained throughout this week and this module it will allow me to take better care of my patients in the future. It helped strengthen my communication skills to allow me to choose my choices of words more carefully in the future. But most importantly it allowed me to be more exposed to these types of disorders that I have never experienced before. That will allow me to be prepared more in the future as a registered nurse.