

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.

My feelings toward sim changed during the week. At first, I was nervous for simulation, because I haven't worked with many psych patients or specifically psych. We also haven't done any lecture for it so I felt slightly under prepared. However, I felt like we got a lot of information on the pre briefs and working with another person helped me feel better.

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

I think it went very well, I used my skills and started to develop my therapeutic communication and trying to be intentional with what I was saying or doing.

- What went well?

During the simulation, my partner and I worked together to calm our patient down and give coping mechanisms when feeling anxious. We used box breathing method, grounding methods such as 5 things you see, hear, feel, touch, smell.

- What could have gone better?

Things that could have gone better include, more communication, being sure my patient is safe and not a harm to themselves. I did ask my secondary nurse to watch her while I went to go get meds. I could have done more education when giving meds. My patient had PTSD so I should have informed her more of what I was doing and when I was doing them to not trigger anything flashbacks

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

Being the patient was interesting, I could not imagine having to need something so bad you can't think of anything else. Alcohol and nicotine addictions together make a difficult combo to treat because they feed off each other.

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

I will use the I see your, how can I help, therapeutic communication more often. Using this can really help figure out emotionally where my patient is at and how I can help them. She explained that the emotional help is more rememberable to a patient than anything else.

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

Yes, I try and look at it now like how we should view pain. It may not be apparent, but its still present. They may not want the help or want to be a bother because of their mental illness. However, everyone deserves to be helped and feel a sense of understanding when it comes to mental illness.

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

I will definitely use this knowledge to help my patients in the future. I can see myself using the communication styles and grounding techniques to my advantage and helping my patients. Understanding them can be hard, but as long as I being kind and trying my best to help them, that's what matters to them.