

## PMH Simulation Reflection

This week's simulation clinical went well. I feel like I learned so much during my time in simulation. Textbooks teach us so much but getting to practice it all help me to understand the importance of it and why it's important in the clinical setting. I thought every aspect of was beneficial and even helped tie in the lecture and gave me a better understanding of it all. I was a little nervous because there weren't the manikins we are used to, but I enjoyed it being my peers. I feel like it was way more beneficial with a real person then with the manikins. Nothing, overall, the experience was great. It wasn't overwhelming and talking through it all made it such great learning experience. I wish we had more time to go through all the scenarios! Being able to act like the patient was a great experience too. I can only imagine how scary it is to be dealing with a disorder that effects your entire reality. I learned so much on how therapeutic communication is beneficial in those situations. I learned that I can use some work on my therapeutic communication abilities. And am so thankful for this learning opportunity because I feel like I understand why therapeutic communication is necessary and how it can even positively effect the outcome of the patients you're caring for. It didn't necessarily change the way I think but help to reinforce belief's I already. One being how important it is to take care of your mental health . By taking care of myself I can untimely take care of others better. Another thing is compassion. This simulation made me realize the important of compassion. People dealing with these disorders are already dealing with so much inside their own head they don't need more people criticizing them for behaviors they can't even control. I will use the knowledge I gained from this experience by striving to be compassionate and caring to all patients regardless of any disorder they may have. And knowing my ultimate purpose as their nurse is to care for them and trying to try creating a safe- nonjudgmental environment that helps the patient to gain coping skills or more tools such medication.

Also, I would also like to thank you Dr. Harrison for taking the time to listen to my concerns I had about my own medications. You didn't invalidate anything I said and truly made me feel seen. I know that alone is going to drive the important of therapeutic communication and compassion care that I hope one day I can provide for the patients I'm caring for.