

PMH Simulation Reflection

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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 going into it, but as everything was explained I felt more calm and ready to do my skills. Overall I felt good about the simulation.**
- How did it go compared to what you expected it to be like? **I expected a lot of new things and complex things, but it was just the same things we do as nurses, and few more skills to learn.**
- What went well? **The whole simulation went well I liked the arrangement of explaining things before going into it.**
- What could have gone better? **On my side I definitely need more practice on understanding patients with mental health issues.**
- Reflect on the scenario in which you were in the role of the patient or family member. How did that experience affect you? **I felt really bad because it something that they deal with every day and its traumatizing, I just felt very sorry for them.**
- How this week impact the way you feel about your ability to use therapeutic communication? **I feel like I learnt a lot especially, that I need to have more empathy and kindness towards people experiencing this. I definitely learnt to use the "I see you, you look and tell me about, it makes it easier to understand the patient and provide the help needed.**
- Did this week change the way you think about mental health? If so, how? **Yes, I thought it's something they can control, but I learnt that it's not. Just like a person who has hypertension or vomit it's the same for them.**
- How will you use the knowledge gained from this experience in your practice as a registered nurse? **I will definitely listen, to my patients and know to not let my emotions take over and be kind. This people are having difficult mental issues and kindness to them makes it better. The knowledge I will use is active listening and providing solutions like breathing techniques, be calm and to speak in clear sentences.**