

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 like I could have done better as the primary nurse because I didn't therapeutically communicate with my patient since she was anxious the whole time. Other than that, I think I did well in my other roles as the patient, observer and secondary nurse.
- How did it go compared to what you expected it to be like?
It went better than I expected it to be. I found the prebriefing to be helpful before we did the scenarios, especially since it was new information to us. Also, having a secondary nurse during the scenario was helpful for me, it made me less nervous.
- What went well? The scenarios were good and I learned a lot from them. I liked that we each had different roles during the scenarios, so we got to have a different perspective each time. I also liked the prebriefing where we went over the scenario that we were about to do because I got to understand the scenario better as I was watching and it made me less nervous when I was the primary nurse.
- What could have gone better? My performance. I felt like I could have done better at sim by reading more about the content, especially since I knew what my scenario was going to be.
- Reflect on the scenario in which you were in the role of the patient or family member. How did that experience affect you? I acted as a patient with PTSD who was very anxious and reliving her memories as a soldier. I felt compassion for people who go through that because as the patient I felt helpless.
- How this week impact the way you feel about your ability to use therapeutic communication? I feel a little confident in my therapeutic communication skills because of what I learned at Sim. For example, using the "I see you..", "you seem.." and "tell me.." is a good place to start communicating with someone. And also actively listening and acknowledging their feelings and not being judgmental.
- Did this week change the way you think about mental health? If so, how? I learned that patients can't control their behavior no matter how they come across. It's just like a patient with nausea and vomiting, but we don't dislike the patient just because they are vomiting because they can't control that. That changed my perspective.
- How will you use the knowledge gained from this experience in your practice as a registered nurse? I will use some of the calming techniques I learned with patients as a nurse. I will also use the therapeutic communication techniques to talk to patients.