

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.
 - Day one of simulation, I felt a lot of anxiety going into a new building along with having to participate in a scenario as a primary nurse. I was lucky enough to go on the second day, which allows me to see three previous scenarios, therefore I felt more prepared, rather than winging it on day one.
- How did it go compared to what you expected it to be like?
 - I expected my scenario to go down much worse than what actually happened. I ended up with the PTSD scenario which was one of the calmer ones. I was able to go in the room, assess the patient using medications that have been ordered previously and give the patient that, along with reassessing and completing my task efficiently. I did have to constantly stop and think about what I was going to say before speaking to the patient because I did want to incorporate therapeutic language along with my care which was a bit different than what I'm used to.
- What went well?
 - As the primary nurse, going into a patient's room, who is diagnosed with a mental disorder can be very overwhelming. However, I felt like I was very calming to the patient which allow the patient to have a sense of safety.
- What could have gone better?
 - I definitely should have reviewed how to score the PTSD checklist prior to entering the room. I feel like that is what took me the longest as I was trying to score my patient in the room.
- Reflect on the scenario in which you were in the role of the patient or family member. How did that experience affect you?
 - I participated as a patient who had Mania, which requires a very high energy character. Throughout this scenario, I felt myself forcing the energy that the part took. I will definitely take into consideration how real these mental disorders can be and affect patients because it definitely took a lot of work to act like a patient with Mania.
- How this week impact the way you feel about your ability to use therapeutic communication?
 - In the two days of running scenarios, I definitely feel like I have improved using therapeutic communication rather than before this experience. You really have to be aware of what exactly you were saying to the patient along with your tone and your appearance. This I will take them to my nursing career with every patient that I do have.
- Did this week change the way you think about mental health? If so, how?

- I believe that my perception of mental health has been educated throughout this experience. It can be very difficult to fake having a mental health disorder for a simulation, so people with mental health disorders, I can identify people are really struggling with themselves along with this diagnosis.
- How will you use the knowledge gained from this experience in your practice as a registered nurse?
 - As it was discussed in post- clinical, we had all came to the conclusion that no matter what career we choose in nursing, we will always experience people who think differently, and have to incorporate that into our care.