

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 overall felt good about my participation in the simulations this week, I felt like I was able to experience every role in the scenarios. I got to feel what it felt like to be the primary nurse, secondary nurse, the patient, and the patient's family member. I was able to understand and feel empathy for each role, because all roles had a level of stress to them.

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

I think it went well, I was honestly expecting worse in the scenarios, but everything went very smoothly. I felt like I learned a lot, and I also learned to not be nervous, it's not as scary as you think.

- What went well?

I think what went well during my scenario, was that I made sure my patient was safe and their concerns were addressed, medication teachings, as well as build repour with my patient as I was mindful of their cultural and spiritual background.

- What could have gone better?

I personally feel like my interpersonal communication with the patient as the role of the nurse, could have gone over better but I was in the first scenario for the first day of simulation. I felt, looking back, I may have come off as intimidating but mostly because of my height and how I was standing. I think I could have also implemented more of the "I see, Tell Me, You seem.." questions with the patient as well, overall I feel like I did well though for each role and each scenario.

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

When I was in the role of the patient, I felt frustrated because my patient really wanted to smoke (needed nicotine inhaler/patch), and the nurses for that scenario took a while to figure out that would help with my patient's agitation. In the role of the family member, however, I felt almost helpless in helping my family member that was the

patient. Mostly wanting to just apologize for the behaviors of the patient, because it was a manic episode scenario, but I also realized this is a lot of people's everyday with their own family members, so we should have empathy and check on the family member as well as the patient, because it would be emotionally and mentally exhausting feeling helpless in those situations constantly.

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

It helped me to be cautious and take my time when replying to patients and their needs, depending on what their mental health issue may be. It also helped me to make sure to check my body language and understand that sometimes behaviors aren't who the "real" person the patient truly is.

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

This week did change the way I thought about mental health in seeing all sides of every scenario, it helped me to be more patient, open-minded, and empathetic when talking to patients as well.

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

I will use what I learned during simulation this week in my future practice as a registered nurse by implementing therapeutic communication with all patients, and treat every patient with an unbiased view, as well as providing a safe space and maintaining their dignity and rights.