

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 in total.

- Describe your feelings about your participation in the simulations this week.
I loved SIM, this was my favorite SIM since I started nursing school. I was very nervous at first because I didn't know what to expect but when we were able to be the patient and see what it would be like to see what people go through it was very eye-opening! When it became my turn to be the nurse, I was very scared/nervous just because I knew people were watching me and I wanted to do everything right but, in the end, it turned out to be okay.
- How did it go compared to what you expected it to be like?
It went so much better than I expected. I did not know what I was going to walk into due to it being the psych module, but it turned out so much better and more fun than I originally thought.
- What went well?
I feel like teamwork and communication went very well. It was nice to have a backup nurse to make sure you did not miss anything and if you did, they would catch it and fill in what you missed.
- What could have gone better?
My confidence could have been a whole lot better than it was, I was second-guessing everything and making sure I was doing everything right, which made me miss some steps that I had to go back and redo in a different order.
- Reflect on the scenario in which you were in the role of the patient or family member. How did that experience affect you?
I was the patient for the GAD scenario, and I have GAD so it wasn't super bad for me to relate to that scenario, but I think I did get a better idea of what GAD would be like if I wasn't taking my meds and I had to be put in the hospital.
- How this week impacts the way you feel about your ability to use therapeutic communication?
This week made my ability to practice therapeutic communication a lot easier than if I went to Oceans first because I was able to see how all my other classmates were able to use therapeutic communication, and it really helped me notice how I can ask questions to make them feel heard instead of just asking "Why?"
- Did this week change the way you think about mental health? If so, how?
It made me change my way of thinking and taking care of patients with mental health disorders and mental health. I never knew how much there was to know about mental health and all the disorders until this week.
- How will you use the knowledge gained from this experience in your practice as a registered nurse?

I will use the knowledge gained from this experience in my practice by taking deep breaths and knowing people are going through things that we do not know about and sometimes it is worse than others. I used my experience at work, because I had a patient who was on methamphetamines and who was also abused as a child, and I used therapeutic communication with her, and it made me put myself in her shoes. This has been one of the most eye-opening SIMs yet!!