

## 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 was very nervous to go to simulation this week. I was uncomfortable to do this but it's okay to be uncomfortable because I learned a lot of new things. I enjoyed the simulation I liked trying to learn how to communicate therapeutically.
- How did it go compared to what you expected it to be like?
  - I expected it to be super easy but when your put on the spot to not ask “why” or things like “I care for you” it was harder. I don’t normally just talk like this so it was challenging to incorporate therapeutic communication without being sympathetic.
- What went well?
  - I think we had some good responses to our patients. I think med pass and safety were good. I felt comfortable with doing my meds and calling the doctor.
- What could have gone better?
  - I think knowing more about my meds would have been better. I think also being a little more comfortable while talking. I would get to points where I did not know what to say.
- Reflect on the scenario in which you were in the role of the patient or family member. How did that experience affect you?
  - The scenario where I was the patient was very hard to be in. It would be difficult to live with PTSD. It makes me want to get to know our patients on a deeper level so we know the things that can trigger them, and we can fix that. When i was the nurse, it was difficult to know what to say to the patient. However, I feel a little bit more comfortable on how to approach situations like this. I think this will teach me how to communicate with all my patients.
- How this week impact the way you feel about your ability to use therapeutic communication?
  - This week showed me there's room for improvement but if I try to practice this, I will eventually get better at it. It showed me that this is not something I use however, it is something that I need to start using because it helps when we don't know what to say.
- Did this week change the way you think about mental health? If so, how?
  - Yes, it did change the way I think. I did not think of it like it was not real or anything like that but being the patient it is hard for someone to be hallucinating, being afraid, and have anxiety every day.

- How will you use the knowledge gained from this experience in your practice as a registered nurse?
  - I will use the things like communicating everyday not just with psych patients but every patient when they are going through something like this.