

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.
- How did it go compared to what you expected it to be like?
- What went well?
- What could have gone better?
- Reflect on the scenario in which you were in the role of the patient or family member. How did that experience affect you?
- How did this week impact the way you feel about your ability to use therapeutic communication?
- Did this week change the way you think about mental health? If so, how?
- How will you use the knowledge gained from this experience in your practice as a registered nurse?

I felt as though I participated in Simulation very well. I made sure to focus on my scenarios and tried my best to enact it seriously to get the most out of my simulation time. It went a lot better than I anticipated. Most of my simulation experiences are very chaotic and stressful. However, I felt as though this time it went very smoothly and I actually got a lot of different views on communicating with psychiatric patients. What went well was my scenario as primary patient as I feel I did a good job on my patient teaching and therapeutic communication with her. What could have gone better was getting my consent form for my medication signed. I misunderstood when it needed to be signed and should have clarified that prior to going into my scenario. Reflecting on my time as a patient with Schizophrenia, I can see as to how many patients can have underlying conditions that are overlooked. I could not imagine having the chronic condition and it definitely makes me a more empathetic nurse/student going into practice and clinicals with patients with any psychiatric disorder. I definitely thought that therapeutic communication was going to be a very simple task. However, I learned through the scenarios that it is anything but easy. I found it very difficult to avoid phrases that would seem argumentative to the patient and “why” statements. I however, did find some communication easily such as asking the patient to elaborate and sitting down with the patient to make them more comfortable. Simulation did change my view on mental health. While I do have some mental health disorders myself, seeing the more severe scenarios was very eye opening. Hearing the stories of different scenarios on the floor and how empathetic a nursing being has such an impact on a patient was something that I did not know had such a big impact on the patients. I will use the information that I have learned from simulation by asking all my patients about their anxiety level. I will also use the script given in simulation to get to know my patients thinking and emotions to be able to suggest patient care to physicians to further help my patient improve both mentally and physically in their hospital stay.