

PMH Simulation Reflection

Aaron Link

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 excited for clinical this week. I had never been inside the sim center for Texas Tech, and was curious to see how the facility was. The facility did not disappoint. The sim lab was spacious and clean. I loved participating in sim this week, especially as a patient, as I enjoy the hands-on portion.

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

My expectations were close to the reality of sim. It was a pleasant environment, that enabled us to act out our skills in real time.

- What went well?

It provided some real perspective on the various situations we may face as nurses. I was able to utilize calming techniques such as playing calming music or doing distraction activities such as coloring. I was able to help ground and show caution when by patient was spooked easily, and brought attention to things, you wouldn't normally such as the beep sounds for the medication. It also helped using the terms "I see you...", "You seem...", "Tell me...". These sentences helped tremendously in bringing out what the patient was feeling and going through.

- What could have gone better?

I noticed I was slow to react in some circumstances. My phone call was disorganized, and I needed a moment to collect myself. I even forgot to ask for my patient if any of the meds were addicting. Thus, I ended up making a second phone call. I also had a delayed reaction time for the first event in calming the patient down. I had to adapt, as my patient would say no to everything regardless of whether it was potentially therapeutic. So instead of asking if they wanted to listen to music, I would ask instead if they preferred to listen to jazz or classical music. Thus, still giving them a choice and making steps to calming them down. I also had trouble with avoiding the words "why". I stumbled with my words with therapeutic communication on the first try and had to focus on how to rearrange my wording to the patient.

- 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 role of the patient for the borderline personality disorder. As the patient, I would have rapid mood swings of the extreme accompanied with thoughts of self-harm and extreme anxiousness. I was difficult to treat to say the least, as the words that were scripted for me, were unpleasant. This was helpful, as it showed how we must keep our bearing despite any unpleasant circumstances and what tactics we can implement to help mediate the problems we face.

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

It greatly increased my skills for therapeutic communication by having to practice it in real time and showing where my deficits lie. It improved it by showing how effective the therapeutic script is, and how it enables patients to not feel judged or challenged. In other words, I feel more confident about my therapeutic communication.

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

Yes, this week changed the way I thought about mental health. I had the misunderstanding that some people with psychological problems had the proclivity for certain tendencies, but they always had the choice to choose their actions. I did not understand that some people are unable to help themselves and thus put themselves in sometimes damaging positions. This was illustrated to us by our teacher, explaining the various psychological ailments and how they affect people. In short, it helped me build more compassion for these individuals.

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

It will help me be better able to analyze my patients for any psychological afflictions and how best to respond therapeutically in communication with them. Additionally, I can now utilize more therapeutic techniques to help lower anxieties.