

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 really enjoyed this simulation. Getting to see how each different disorder looks in each scenario was very eye opening.
- How did it go compared to what you expected it to be like?
It went very well. I wasn't quite sure what to expect as I didn't know what each disorder presented with. After the past two days I feel that I have great knowledge about Anxiety, Alcohol Withdrawal, PTSD, BPD and Schizophrenia.
- What went well?
My therapeutic communication skills improved with my part of the PTSD scenario. I was able to practice keeping a safe distance with my patient while maintaining her trust. I was also able to work on de-escalating the situation and offering techniques to help with her triggers that cause her anxiety and insomnia.
- What could have gone better?
Overall, I felt good about my scenario. I will focus more on providing different coping mechanisms/ activities to help my patient with her triggers. Some of those could be taking a walk, reading a book, playing a game to ease her mind and calm her nerves.
- Reflect on the scenario in which you were in the role of the patient or family member.
I played the patient in the Schizophrenia scenario. This was eye opening to me because I did not realize how the mind of a patient with this disorder worked. I was able to see that this patient hallucinates and has delusions that she knows is happening but cannot help.
- How did that experience affect you?
I am glad I got to experience the role of a schizophrenic patient, as now when or if I am a nurse taking care of a patient with this disorder I will know how and what to do when they are hallucinating and making sure they are safe and feel secure.
- How this week impact the way you feel about your ability to use therapeutic communication?
This week has made me realize that my communication skills have increased. I always felt comfortable using therapeutic communication, but it is different in the psych world. I felt much better about my skills when I was the nurse for the patient with PTSD. I felt

that I was able to calm her down, ground her, and provide reassurance that she is not alone, and I was there to help.

- Did this week change the way you think about mental health? If so, how?
This impacted the way I think about mental health. I am friends and a family member to some with depression, so I have experienced just a little with mental health. After this week I feel that I am more sympathetic to those who really cannot help what is going through their mind.
- How will you use the knowledge gained from this experience in your practice as a registered nurse?
You never know what someone is going through, or their history with mental health. I will use my therapeutic communication skills and my grounding techniques with each patient throughout my nursing career to maintain the nurse-patient relationship.