

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.
 - Overall, I enjoyed it. It taught me a lot about communication. I learned a lot about mental health and even more. I think one thing that helped me during this scenario was looking at our patient and recognizing those symptoms that they have and treating them. It is important to not just ignore like some people do. These people are human, and it is our job to treat what they have to not increase anything.
- How did it go compared to what you expected it to be like?
 - I personally, knew that coming in psych that it would be hard. Especially, with communication, I feel like that was going to be a problem that I would come into. Overall, I think it was great. But into action of what people really experience.
- What went well?
 - I think initially monitoring the symptoms our patient and calling the doctor for medications went well. We knew before coming in and signs and symptoms they could experience and treating those.
- What could have gone better?
 - Personally, I think communicating to my patient, especially when they would say stuff. It has hard for me to get the right words out and avoid words we were not able to use.
- Reflect on the scenario in which you were in the role of the patient or family member. How did that experience affect you?
 - During the anxiety scenario, I was the patient. I feel like anxiety does not get treated like it needs to. Many people just ignore it. Now, putting into clinical I feel like it is important to monitor for anxiety.
- How will this week impact the way you feel about your ability to use therapeutic communication?
 - It will impact me a lot. It is important, that we hear out our patients.
- Did this week change the way you think about mental health? If so, how?
 - Yes, it taught me it is important to provide help to our patients. It is important that we approach them and show them that we care and want to help them.
- How will you use the knowledge gained from this experience in your practice as a registered nurse?
 - Communication and being open to your patient. Letting the patient feel that we are there for them. As well as monitoring signs and not being afraid to call Dr.