

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 feel as though I did my best to portray the patient I volunteered for while trying not to be insensitive and portray a stereotype.
As the secondary nurse, I feel as though I was good in not letting my partner feel like they were sinking at any point. I would just anticipate what I would say as the main caregiver and if they turned to me for support or further explanation for the patient I had it locked in (for the most part).
As a primary nurse, I was very nervous but I feel as though I offered a positive therapeutic response and also did my duties as a nurse.
- How did it go compared to what you expected it to be like?
I, honestly, thought it was going to be a bit more stressful but also was prepared for it. I am a huge mental health advocate and even before nursing school have always considered myself to be someone that could offer empathy and a helping ear if anything.
- What went well?
I think it all went well; not just for myself, but for my classmates as well. I think we all demonstrated professionalism and made genuine attempts at taking the scenarios as seriously as possible. I also believe I did a good job of communicating and deescalating.
- What could have gone better?
In my perspective, maybe just being prepped for the role of patient themselves, if anything. Just so we knew how to act to a certain extent for the benefit of our classmates.
- Reflect on the scenario in which you were in the role of the patient or family member. How did that experience affect you?
As somebody who does not drink or smoke, it was a bit difficult to portray BUT I can empathize with how difficult that constant craving must be for these people. They have no choice in the matter and it has been so easy to judge. Now being put in their shoes. I still cannot fully understand, but it has allowed me to be less judgmental and more open about the fact that I don't know why some people have the addictions or illnesses that they do. It is not my place to assume or interject my own personal feelings.
- How this week impact the way you feel about your ability to use therapeutic communication?
I feel a lot more confident in knowing that I can actually offer a soothing personality, if not anything else. It was also very nice to use the methods we were taught in order to deescalate situations wherein things could have gone very bad or become more chaotic.
- Did this week change the way you think about mental health? If so, how?

Not the way I see mental disorders but, definitely, the way I perceive addiction. It has opened my eyes to the cause of so much more than, "it feels good, so they keep going back." Assuming there's no real reason behind it. It also has changed the way that, aside from medication, I view therapeutic communication. We are constantly taught it but never actually taught how to implement it into our care, regardless of the presence of a mental disorder or not. It was, all in all, very insightful.

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

Communication is vital to nurse-patient relationships regardless of mental disorder diagnosis or not. Allows for a better experience on both ends and patients can be left with a better outcome for it. Also, just being more confident in knowing that I can provide real comfort, more than just a blanket and a, "You'll be okay."