

## 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.
  - **At first I was nervous of course going to sim, but once we started scenarios I began to feel more confident.**
- How did it go compared to what you expected it to be like?
  - **It actually went way better than I expected. Once I got the awkwardness out of the way I felt more relaxed.**
- What went well?
  - **I feel like I communicated very well with my patient and stayed as patient as I could with them.**
- What could have gone better?
  - **For my scenario specifically I feel I could have been a bit more considerate of any noise that may startle my patient.**
- Reflect on the scenario in which you were in the role of the patient or family member. How did that experience affect you?
  - **Putting myself in the shoes of the family, I definitely feel so much compassion for these types of patients with this disease to live with what they have 24/7 is something very hard.**
- How this week impact the way you feel about your ability to use therapeutic communication?
  - **I think I underestimated myself with how well I could communicate with these types of patients. Still need room for improvement but overall I did better than I expected.**
- Did this week change the way you think about mental health? If so, how?
  - **It definitely does. Especially with some disorders, knowing that they never fully go away, instead medications just manage it is so crazy to me.**
- How will you use the knowledge gained from this experience in your practice as a registered nurse?
  - **I now know some basic questions that I can not only ask mental health patients but also just your normal med surg ones.**