

Inna Purser

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've noticed that I've really improved in decision-making, communication, and problem-solving. I've learned to be more confident in making quick decisions under pressure, which has been huge for me. Before, I might have second-guessed myself, but now I trust my instincts more and act faster. My communication with teammates has also become clearer. I've focused on being more direct and concise, which has made teamwork smoother.
- *How did it go compared to what you expected it to be like?*
I expected the experience to be much more stressful and nerve-wracking. I thought I would feel overwhelmed with pressure, especially when it came to making decisions on the spot and handling challenging situations. But as things unfolded, I realized it wasn't as intense as I imagined. I think part of it was that I was more prepared than I initially thought, and I felt more confident in my abilities to handle whatever came up.
- *What went well?*
I feel I handled the schizophrenic patient's behavior well. I didn't play into her delusions, which was a big win for me. I know that it can be really challenging to stay grounded in those situations, so I'm proud of myself for staying calm and focused.
- *What could have gone better?*
I could have been more confident in the scenario where I played a role of a primary nurse. There were moments where more confidence could have made a difference. Being a primary nurse often means taking charge and making decisions, and it can sometimes be intimidating for me. I could have been more assertive or clear in my actions and communication. Recognizing those moments will help me grow and approach similar situations with more confidence next time.
- *Reflect on the scenario in which you were in the role of the patient or family member. How did that experience affect you?*
The scenario where I played the role of a patient with an anxiety disorder was pretty eye-opening. It was difficult to portray being in a constant anxious state of mind, always hypervigilant. I couldn't imagine living like that every day. The emotional and mental toll of being in that state all the time made me realize just how exhausting it must be for someone who's dealing with anxiety disorders.
Experiencing that firsthand gave me a deeper understanding of what people with anxiety go through. It made me more aware of how constant anxiety can affect every aspect of a

person's life. Moving forward, I feel like I'll have a more empathetic and thoughtful approach when supporting patients with similar struggles.

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

This week has really impacted the way I feel about my ability to use therapeutic communication. I've learned that it's much more challenging for patients with mental disorders than I initially thought. It's not as straightforward as I expected, and I now realize that it requires a lot of patience, sensitivity, and careful attention to what the patient needs in the moment. I've also recognized that mastering therapeutic communication takes time—it's a skill that evolves with experience and understanding of each unique patient.

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

This week changed the way I think about mental health. I've always known that it's a challenging field, but now I have a deeper appreciation for just how complex it is. It's not just about treating symptoms—it's about understanding the unique experiences of each patient and responding with empathy and patience. It takes a lot of emotional resilience, the ability to connect with patients on a deeper level, and the patience to work through difficult situations.

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

The knowledge I gained from this experience will shape how I practice as a registered nurse. I'll approach patients with mental health conditions with much more empathy and patience. I now understand how complex it can be to communicate effectively with them, and I'll be more mindful of how I engage, always trying to adapt my approach to meet their needs in the moment. This experience has shown me that mental health care is not just about physical assessments, but also about offering emotional support and being a steady presence, which I will carry forward into my practice.