

## 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.
  - Going into sim I was not feeling the most confident about any of the situations I might be in. I looked over the scenario that I wanted to do the night before and had no clue where I would start or what I wanted to do going into the room. However, once we started it all just kind of came together. I think as the scenario went on; I got more confident. I felt like I did a good job at communicating but there is still a lot of room for improvement.
- How did it go compared to what you expected it to be like?
  - I think compared to how I thought it was going to go, I did pretty good. Going in, I didn't think I knew how to sit down and just talk to the patient in a way that they would open up about what they are feeling or going through. But luckily, I picked the anxiety scenario and used what my own doctor has said to me and asked the same kind of questions to my patient.
- What went well?
  - I think something that went well was getting down on the patient's level and using therapeutic communication to listen and talk to the patient. Doing so I was able to recognize signs of anxiety and determine appropriate medical interventions.
- What could have gone better?
  - Something that could have gone better is I should have spent less time in the beginning talking to the patient about what's going on, and I should have gotten to the anxiety score sooner so I could call the doctor and get a medication order sooner. After that, I would then sit down and talk to the patient in greater detail.
- Reflect on the scenario in which you were in the role of the patient or family member. How did that experience affect you?
  - I was the patient in the schizophrenia scenario, and I think something that was really eye opening for me was not being able to communicate to the nurses that I am hearing voices in my head and it's not just something I could control. I think after that if I ever have a patient with schizophrenia, I will use what I learned to communicate with them and help get them the help they need.

- How this week impacted the way you feel about your ability to use therapeutic communication?
  - I defiantly feel more confident after this week in my therapeutic communication skills. This week defiantly made me get out of my comfort zone a little bit which is something that I needed.
  
- Did this week change the way you think about mental health? If so, how?
  - Yes and no, I was originally going to school for psychology, so I've always had a pretty good understanding regarding mental health, but I do think it changed my view on mental health from the medical side of things. I think as nurses it is something we don't pay enough attention to when in reality we need to be paying so much more attention to.
  
- How will you use the knowledge gained from this experience in your practice as a registered nurse?
  - I will make sure not brush off patients who are struggling with mental health, it is just as important as if someone came in with chest pain, etc.