

## Morgan Brooks - 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.

1. Describe your feelings about your participation in the simulations this week.
2. How did it go compared to what you expected it to be like?
3. What went well?
4. What could have gone better?
5. Reflect on the scenario in which you were in the role of the patient or family member. How did that experience affect you?
6. How has this week impacted the way you feel about your ability to use therapeutic communication?
7. Did this week change the way you think about mental health? If so, how?
8. How will you use the knowledge gained from this experience in your practice as a registered nurse?

1. I felt very happy and content with my participation this week in sim. I was terrified coming into sim lab not knowing any of the content, but being taught some of the information in prebrief helped ease the anxiety and made active participation easier.
2. Sim went much better than what I expected it to be like. In past experiences teachers have intentionally thrown curve balls or made some crazy scenarios, but this was like a real life scenario. It was a scene that could be seen in real life that we were able to build on our critical thinking.
3. I think my therapeutic communication went very well with the borderline personality disorder patient. It was calm, filled with actively listening, and de-escalation.
4. Being the main nurse could have gone better for me. I had a plan and then fully expected the scene to go chaotic and then I would need to call the physician to get some new medication for the patient. If I just read the scene better and looked at the medication orders I did not need to do anything extra. I just needed to go in assess the patient and then give them their medication.
5. When I was the patient I was instructed to be firm with that need for a cigarette and not let up, and this is a real issue that people deal with. I felt bad nagging on about it and it can put it into perspective that people may feel that way as well, but the need for nicotine may override everything and that's why they do it.
6. This week has greatly impacted my ability to utilize therapeutic communication in a positive way. Learning about "I see you", "you seem", "tell me" is a great plan to execute anywhere. It allows you to express the scenario and then have them talk about

it without questioning them and calling them out. Using that during a scenario puts it into perspective that it does work and can really help the patient out.

7. This week has definitely changed the way I think about mental health. The videos especially put it into perspective that it is just regular people who deal with this. TV shows/ movies exaggerate everything about mental health and psychiatric disorders, and while some people may get to that point, most people are walking around living life and managing there disorders/ diseases and we could not even know about it.
8. I will use my knowledge from the past to days as a RN to take time and understand that overall people just need the help when they are in the hospital. The way they act, what they say, how they feel could be indicative of a disease, but being put in a hospital can make it worse becasue they are not in the comfort of people and places they know. It's my job to treat them with kindness, dignity, and respect. It's not my place to judge them and gossip about them to other nurses. These people want to go home as much as I do, but they don't. It may be hard at times but it is something that I will work on everyday as a nurse. These people want to go home and I am there to help them get there.