

PMH SIM Reflection

I had a great experience this week at simulation. It was a lot of fun and I loved how it was such a relaxing environment. Everytime I hear the word simulation, I get so nervous. The simulations this week helped me grow as a person and to become a better nurse. I am so glad we got the opportunity to go through all of these scenarios. I was nervous at first, because I have never been put in a situation with others concerning mental health. Everything ended up going smoothly. Everything was planned out well and I feel like we did great going through the scenarios, especially since we have not had any lecture material. It also helps a lot, because I think my classmates were fun and involved in what we were doing. When I was a patient, I had a great experience. I am glad we were the patient in a scenario because it really does put into perspective how the patient feels. It also shows how we would want to be treated if we truly were the patient. I thought the nurses that were taking care of me did a great job in communicating with me and making sure I felt safe. I definitely feel more confident in my ability to use therapeutic communication to these patients. I was the most nervous about having therapeutic communication, because I have never been put in a situation concerning mental health. Dr. Harrison gave us great tips on how to start a conversation with patients. I have always thought about mental health as a scary situation, but after this week I realized that these patients are just normal people and it is very important to treat them that way. Everyone goes through different things and I love that when I become a nurse I can help the people and be a light in their lives. I will use my knowledge from this week in my career forever to always treat everyone equally, because we never know what anyone has gone through. Everyone deserves to be treated fairly and kindly and I can not wait to serve these patients!