

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 felt like I participated very well in this weeks clinicals, by asking questions and helping out with the scenarios when needed.

- How did it go compared to what you expected it to be like?

I expected the simulation to have some sort of “Gotcha” moment where when we went in, there would be an underlying reason for our pt to code on us. Since none of that happened I was relieved to know that I wouldn’t be traumatized more.

- What went well?

The whole entire experience was amazing because there was no jump scare of an issue I probably wouldn’t know how to handle. The scenarios were pretty straight forward and I really liked that.

- What could have gone better?

I could’ve spoke up more when I know certain symptoms or have a small understanding of a disorder but instead I just usually let the others speak. I could’ve also not copied the pt by rocking back and forth when she was clearly having anxiety.

- Reflect on the scenario in which you were in the role of the patient or family member. How did that experience affect you?

That experience showed me that I do tend to copy or mimic others actions when I cant describe what I want to say very well and in a situation where I clearly have no idea what to do I just blank, which I thought I was prepared to not blank but I ended up blanking anyways. Overall the scenario’s helped me gain better insight on how to help pt’s with mental health disorders and that they are still people too regardless of how their brain works. At the end of the day they deserve a nurse who they can rely on and help them navigate through their illness. I want to be that nurse that they can rely on or if they don’t want to open up to me, I at least want them to know that will listen to them or do my best to be there for them while they’re in my care even if they weren’t being the nicest to me.

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

I feel better and more equipped to help those that are struggling with a mental health disorder to open up and to let me see even a small glimpse of their life.

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

I didn't know that I could just tell my pt that is having a delusion, that they are having a delusion because I always thought that you should never let them feel crazy and that telling them they are having hallucinations or a delusion that it's bad for the pt and the nurse.

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

I will definitely use the "I see you... You seem ... Tell me ..." in my practice as a nurse to get to know my pt's better and maybe even in my personal life. This tool seems to help open up a person who may not know how to tell you whats going on.