

PMH Simulation Reflection

- Describe your feelings about your participation in the simulations this week.
 - This week was very educational and worth every second. I enjoyed learning about PMH by acting as a nurse to patients each with a different psychiatric diagnosis.
- How did it go compared to what you expected it to be like?
 - I expected it to be very difficult with a “catch” when we returned into the patient’s room. It was a relief when we came back in and observed that our nursing assessments were correct and getting a medication ordered was helpful.
- What went well?
 - Working as a team of two nurses worked well. We were able to bounce off each other and use teamwork to get a medication and to deescalate our patient.
- What could have gone better?
 - Evaluating the patient and following the patient’s medication order could have gone better. We knew to get an order for a new medication but did not realize we needed to also give a nighttime med that the patient still needed.
- Reflect on the scenario in which you were in the role of the patient or family member. How did that experience affect you?
 - It helped me not categorize a patient and assume that a patient who is bipolar would look a certain way.
- How did this week impact the way you feel about your ability to use therapeutic communication?
 - Yes, I believe therapeutic communication is very important in order to help a patient get better in their journey. It allows them to trust you and feel comfortable to do what you ask if you are speaking to them therapeutically.
- Did this week change the way you think about mental health? If so, how?
 - Yes, because I could not imagine having a mental health issue while knowing I have it but also having to decipher what is reality and how to manage reactive emotions. I also could not imagine an illness affecting me to where I couldn’t sleep for days.
- How will you use the knowledge gained from this experience in your practice as a registered nurse?
 - I will practice therapeutic communication while talking to all patients. I will make sure to have a consent form signed before I administer a psych medication. I will make sure to have evaluations or assessments completed in order to receive a psych med from a Physician.