

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.
 - *When I participated in simulation it made me nervous in the beginning. I wasn't sure how my patient was going to react. But when I finally went into the room my nerves settled, and I was able to communicate with my patient.*

- How did it go compared to what you expected it to be like?
 - *It went better than what I expected, it was better once I went into the room and talked to the patient. I believe I was nervous just thinking about me having to do simulation.*

- What went well?
 - *I think what went well for me was being able to administer the medication my patient needed and I was able to give her, her risk factors and explain how the medication would help her with her nightmares as well with her anxiety.*
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- What could have gone better?
 - *I believe what I could've done better was ask more questions and tried different coping techniques. I also believe that I should've tried to minimize the awkward silence when I didn't know what to say.*
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- Reflect on the scenario in which you were in the role of the patient or family member. How did that experience affect you?
 - *I believe it helped being the sister of the patient because it made me realize that the disorder doesn't just affect the patient, but it also affects the family as well. Second, I believe that being the patient helped me learn different therapeutic techniques from the nurses.*

- How this week impact the way you feel about your ability to use therapeutic communication?
 - *I believe that this week's simulation impacted me a ton. I believe that learning therapeutic communications will help me in the future in whatever nursing career I go with. I also learned how to use nonpharmacological techniques like (deep breathing, drawing, or coloring) to help distract the patient*

- Did this week change the way you think about mental health? If so, how?
 - *Yes, this week helped me change the way I think about mental health. I believe that there is a huge stigma that makes people believe that people with disorders can control what goes through their mind. I believe this helped me understand that people going through these different disorders are scared and need help.*
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- How will you use the knowledge gained from this experience in your practice as a registered nurse?
 - *I will use the therapeutic communication. The therapeutic communication has helped me with the awkward silence I do when I get nervous. I believe that using this will make my patients feel safe and heard.*
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