PMH Simulation Reflection
Hanna Garrison
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1. I feel that I participated very well in the simulations this week, and I really engaged myself with each scenario.
2. It went a lot better than I had originally anticipated, considering I was worried about being triggered. However, I wasn't triggered at all and ended up having a wonderful time and learned a great deal about helping patients who have a mental illness diagnosis.
3. I felt that both my portrayal of a manic patient as well as my role as a nurse went really well. I didn't realize just how authentic my portrayal of a manic patient was until we covered it in bipolar disorder on Thursday.
4. When I first encountered my dual diagnosis patient as a nurse, I automatically didn't allow my feelings to be included, but as the scenario continued, I recognized that and was able to allow myself to not only feel emotion for the patient, but to show it as well.
5. When I was in the role of the manic patient, I allowed myself to be hyper and grandiose as a manic patient would be, but in the back of my mind I observed the behavior from a clinical standpoint. It helped me to really understand how a manic patient would be oblivious to the potential harm they're causing to themselves and others and wouldn't understand why people couldn't see things their way. I imagine losing control like that is a terrifying thing, especially in the aftermath when the patient comes down from their mania.
6. I feel I need to work on developing my therapeutic communication skills, but with time and practice I'll become much better at it. I truly feel it will be an essential part of my being a good nurse and it is something I really want to work on getting better at.
7. No, it didn't, because due to my own personal experiences with mental health, I believe that people with mental health conditions are just like everyone else and should be treated with respect and dignity. Someone once told me that a mental health diagnosis is just a way to describe the damage that's been done to us, and that really helped emphasize to me that a person is not their diagnosis, it is merely something they have, like green eyes or freckles, and doesn't make them any less human than anyone else.
8. This experience helped me to be able to gain confidence in my own skills as a future nurse and gave me a great foundation to building my ability to help patients from all walks of life.