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Module 6 Wk 3

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PMH Simulation Reflection

I feel that my participation in the simulations this week helped me to be more empathetic to the mental issues that people may be facing. These simulations also allowed me the opportunity to use therapeutic communication and place myself, if even on a miniscule level, in the patient's "shoes."

It went much better than I expected. Dr. Harris' calm, professional demeanor helped me relax and learn more than I anticipated.

Everything went well. I learned about each patient's diagnosis, their medications, the teaching for their meds and gained a bit more confidence in therapeutic communication.

The only improvement may have been the speakers in the observation room.

I played the role of Jessie, who had PTSD and had been sexually assaulted on her first tour and never reported it. I imagined myself in her place as best I could. I wanted to portray the weight she carried and how her experience was now affecting her life and that of her family. Somehow it felt more personal, and I felt my heart grow and hurt for this patient. I believe I will be more tender to patients carrying heavy burdens of mental health issues.

This week helped to equip me better in therapeutic communication. Communication is more than just words, and our nonverbal counts for so much, especially when our patients are so vulnerable and scared. I found the tik-Tok video of the NICU nurse hilarious, but most appropriate and relational.

To read the room, so to speak, and assess the needs and respond, is something I hope to do well in every aspect of my nursing care.

This week did change the way I think about mental health in a positive way. I think that mental health patients are no different than I am. We all have our vulnerabilities and a set of tools with which we cope and deal with our environment and its stressors. One thing that Dr. Harris said that has stuck with me, is that these patients cannot stop or control some aspects of their behavior and compared it to a patient vomiting. We are called to treat each patient with dignity and remember our humanness and fragility.

I will use therapeutic communication in my practice as an RN wherever I go. I plan to especially implement the, " I see you.. You seem... and Tell me more... to understand and get a better picture of my patient's needs. I have already used this with my 17 year old son and it helped to spur a conversation without putting him on edge or making him feel on the spot because I said, "I see you..." and I think that brought his guard down long enough to be honest about what was going on. Thank you for sharing your passion for this population of patients.