

PMH Simulation Reflection

- Describe your feelings about your participation in the simulations this week.
During my simulation as the head nurse, I felt out of my element asking the questions on the anxiety scale. I later found my groove and got more comfortable asking the questions and involving therapeutic communication for my patient. When the scenario was over, I felt proud of myself for adapting to the simulation and ensuring that my anxious patient was cared for.
- How did it go compared to what you expected it to be like?
The scenario went more smoothly than I expected. In past simulation experiences, I would prepare for a specific scenario, but it would not go the way I planned which would feel overwhelming. However, for this week's scenario, I prepared to assess the patient with a scale, use therapeutic communication, and administer medication, which overall is how the scenario played out.
- What went well?
What went well was that I assessed my patient using an anxiety scale, and from that assessment I determined that she would benefit from an anti-anxiety medication. Also, when I was questioning my patient, I used therapeutic communication by exploring further into her statements so that I could better understand her situation and form trust between each other. My patient stated that she drinks a couple glasses of wine to cope from stressors at home, so I suggested she replaces wine with her favorite soda or sleepy time tea for comfort.
- What could have gone better?
What could have gone better was that I could have asked the anxiety scale questions in a clearer way, because some of the criteria on the scale is difficult to use in forming a question. I also could have spent more time using therapeutic communication with my patient.
- Reflect on the scenario in which you were in the role of the patient or family member. How did that experience affect you?
I played the role of a patient who was withdrawing from alcohol and nicotine. In this scenario, I had to be irritable and fidgety to reflect the effects of withdrawing from substances. This affected me by making myself understand the way an individual would act while withdrawing from a substance. As the scenario was going, I was getting tired of being irritable and fidgety, so I was anxious for the nurses to administer the lorazepam and nicotine patch so that I could calm down. Anticipating the nurses to provide me the medication also made me understand from a patient's point of view why they would be anticipating these medications so they could feel relief.
- How did this week impact the way you feel about your ability to use therapeutic communication?
This week made me feel capable of using therapeutic communication and practicing new techniques while in clinical or on the job.

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

This week made me understand that mental health is incredibly important in treating a patient. I also learned that mental health is often overlooked because it is difficult to diagnose.

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

I will be more conscious in using therapeutic communication when interacting with patients because you cannot tell what people have gone through in their lives by just looking at them, which is why I will continue to think and use my words carefully.