

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.
- How did it go compared to what you expected it to be like?
- What went well?
- What could have gone better?
- Reflect on the scenario in which you were in the role of the patient or family member. How did that experience affect you?
- How did this week impact the way you feel about your ability to use therapeutic communication?
- Did this week change the way you think about mental health? If so, how?
- How will you use the knowledge gained from this experience in your practice as a registered nurse?

I was nervous at the beginning because I never know what to expect. I liked that we were not in there by ourselves and that we also got to play the role of the patient. I expected it to be just me and a mannequin so when that was not the case it took some of the stress off. Playing the role of the patient made me realize that they are just people and that they just want to be okay. It was exhausting trying to act out some of these disorders so I can not even imagine how exhausted they always are. It definitely gave me a better understanding of life for them. I still need to work a lot on my therapeutic communication, it does not come naturally for me. I would not say it changed the way I thought about mental health but it has opened my eyes on some of the disorders that I did not understand. I will use what we have learned to recognize the early signs of poor mental health and get them the resources they need, and also try in reducing all the stigmas around mental health. I will also keep a nonjudgmental attitude with everyone because you never know what is going on in someone's head.