

## 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.
- I really enjoyed SIM. I was nervous at first, but all the scenarios went very smoothly and were very organized. I think all of us actively participated and took on each role we were given. I also think applying what we learned in the classroom into real life scenarios is always so beneficial.
- How did it go compared to what you expected it to be like?
- It went very well; I went into my scenario very prepared after Dr. Harrison gave us our prebrief/paperwork. I expected to have a patient who could not be consoled and would cause me to panic. However, after watching my classmates go and doing my own scenario, I can say that it was a very calm and organized SIM. We went in prepared and had the opportunity to practice therapeutic communication.
- What went well?
- Therapeutic communication!! I think this SIM was a great opportunity to practice talking to your patients; not just passing medication which I really liked and found helpful. I also appreciated getting to become familiar with the different questionnaires and consent forms. This was our first time using/seeing these, so it was very helpful and informative.
- What could have gone better?
- I think I could have been better at orienting my schizophrenia patient to reality.
- Reflect on the scenario in which you were in the role of the patient or family member. How did that experience affect you?
- I always enjoy getting to play a role outside of a nurse as it gives you the opportunity to see nursing from another person's point of view. I also enjoyed getting to hear the therapeutic techniques my classmates used and hearing all the different coping techniques we suggested.
- How this week impact the way you feel about your ability to use therapeutic communication?
- I definitely feel more confident in my ability to use therapeutic communication to help reassure and explore my patients' feelings/concerns.
- Did this week change the way you think about mental health? If so, how?
- Yes, you go in thinking it's going to be this chaotic scenario that is completely out of control. However, I quickly realized that these are all normal patients who just happen to struggle with disorders/diseases of the mind.
- How will you use the knowledge gained from this experience in your practice as a registered nurse?
- A lot of times nurses will avoid spending time with psych patients. After experiencing this SIM, I know just getting to communicate with someone can really help someone's

mental health. I will treat every patient I have with the same respect. I will also use the therapeutic communication techniques I have learned throughout this clinical block in my career as a nurse. Thank you, Dr. Harrison, for organizing this for us, it was very helpful.