

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.
 - Before going to simulation, I was feeling pretty nervous since I did not know what to expect. Once we were there and got oriented, I was still anxious about starting, so I offered to be the second nurse to get familiar with it before having to be the nurse. Finally, I began to get comfortable with the simulation and volunteered for more roles so I could be prepared for CPE.
- How did it go compared to what you expected it to be like?
 - I really enjoyed Sim and thought it was very organized. I was expecting to go into a room by myself with a mannequin and everyone watching me, but having someone with me as a second nurse and having a classmate be the patient, I felt more comfortable.
- What went well?
 - I went prepared by looking over the diagnostic criteria and preparing my med sheets before going to sim. Doing this, I did not go in completely blind and was somewhat familiar with the content. I also practiced using therapeutic communication and stopped myself from feeding into a patient's delusions.
- What could have gone better?
 - Although I did look over the consent form before going to sim, I still felt uncomfortable going through it. I still get confused on how to explain the content of the consent, but I think I just need to practice running through it.
- Reflect on the scenario in which you were in the role of the patient or family member. How did that experience affect you?
 - Playing the role of the patient with borderline personality disorder helped me put into perspective what these people go through on a daily basis. I think it would be exhausting living in that type of mind. In the future, I will keep in mind how to approach this type of person to decrease their anxiety and feel heard.
- How this week impact the way you feel about your ability to use therapeutic communication?
 - This week helped me understand that silence is sometimes necessary to think about the correct therapeutic response to say instead of just saying that's good or no that's wrong. I also learned different nonverbal therapeutic communication techniques by watching my classmates run through scenarios.
- Did this week change the way you think about mental health? If so, how?
 - This week was very beneficial in changing the way I think about mental health. I learned that sometimes it requires more patience in caring for these patients. Sitting down and listening to their concerns would be more helpful for their

mental health and anxiety, plus helping them feel listened to and actually cared for.

- How will you use the knowledge gained from this experience in your practice as a registered nurse?
 - o In the future, I plan to ask patients to rate their anxiety levels along with pain to get an understanding of how they're doing mentally while they are in the hospital. Doing this, I feel like the patient would feel more comfortable sharing how they feel and having a better relationship with the patient.