

## 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.
  - This simulation had us do the roles of the primary nurse, secondary nurse, and patient. While this experience was a great learning moment, I genuinely had fun in all three roles. This a great mixture of putting what we've learned into action, and having that first encounter where it is okay to stumble upon words. I know now that if I were to have a patient with a mental illness, I can use my therapeutic communication.
- How did it go compared to what you expected it to be like?
  - Honestly I didn't know what to expect. I did all of the pre-readings, and somewhat knew that we'd have to incorporate some of the scales. The thing is, learning in lecture, and putting it into action are two different things. I am glad we got to experience this!
- What went well?
  - For my scenario I knew exactly what to teach for my medications.
- What could have gone better?
  - I know the components of therapeutic communication, but having to use them in the scenario shook me up. I felt myself freeze, but I am glad my secondary nurse, Alexis, was with me. She did most of my therapeutic communication. I know that once we're out in the field, I won't always have someone there with me. I will take this, and learn from it.
- Reflect on the scenario in which you were in the role of the patient or family member. How did that experience affect you?
  - In the scenario where I was the patient, I had schizophrenia. I was to say that my hallucinations were a demon named Raider, and that he stole my baby. I cannot imagine having to live a life were I thought that I had a demon within me. I cannot imagine having to live life like that. I truly feel for our patients.
- How 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?
  - Dr. Harrison said something that stuck with me, "We get to go home after our shift, and they have to stay there". I can sometimes get upset if a patient gets aggressive, but I never really put in perspective what their life must be like. I feel more empathy for patients. They didn't ask to be in the position their in. My job is to be there for them when they need someone the most.
- How will you use the knowledge gained from this experience in your practice as a registered nurse?

Peter Guajardo

- I feel as if I was a sponge this week with how many different therapeutic communications I learned. Verbal and nonverbal communication goes a long way for us and our patients. I can get awkward in difficult conversations, but now I know how to handle them.

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