

## PMH Simulation Reflection

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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 personally dread going to sim. However, this module it was different. Dr. Harrison does a amazing job with making your anxiety decrease. She really is awesome! I feel like seeing each disorder playing into action was very useful. We got to see all the different ways each one can lead into. Seeing both pharmacological and non pharmacological methods that helped the pt calm their anxiety down was very beneficial.
- How did it go compared to what you expected it to be like?
  - I thought it would be worse but with the secondary nurse we were able to assess that the pt needed a nicotine patch. The pt was also going through nicotine withdrawal, not just alcohol. There were a few steps that were missed but I feel like overall, we did good.
- What went well?
  - I believe that our therapeutic communication went well. Being empathetic with the pt even if he was yelling was always good. Recognizing that the pt needed a nicotine patch was also went great.
- What could have gone better?
  - Since the pt and the nurses priorities were completely different, I believe I should of listened to the pt faster. If I would have listened faster I think we could have gotten more out of the pt and made them more comfortable around us.
- 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 anxiety was impactful. I do have anxiety but not to the level that the pt did. Sometimes, I forget that people can have anxiety in many different ways. I do not like feeling very anxious so I could not imagine how someone goes on with their day to day life always anxious.
- How this week impact the way you feel about your ability to use therapeutic communication?
  - Learning and practicing therapeutic communication are two different things. Learning it was easy, read a question and answer the way they wanted you to. However, practicing therapeutic communication was way harder. Trying to piece the correct words to not set them off is tough. I would think that at any time I would say the wrong thing and the pt would burst. Putting therapeutic communication in one's daily life would be very helpful.

- Did this week change the way you think about mental health? If so, how?
  - I come from a traditional Mexican family who is aware of mental health but it is not a priority. I am glad that there is now a lot more awareness to mental health than there was. I was able to gain what multiple disorders look like, many of which I have never been exposed to. Thank you for this!
- How will you use the knowledge gained from this experience in your practice as a registered nurse?
  - Assess every pt's level of anxiety is a great idea. It should be standard due to everyone having some type of anxiety. I think that with being able to see the level of anxiety our pt needs, our care would be better. We could offer multiple ways of treatment, non-pharmacological or pharmacological, to help decrease their anxiety levels.