

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 this week! I don't usually like doing simulations because I feel awkward and embarrassed, however this week was completely opposite. I even felt comfortable going in to it because of the explanation of what to expect.
- How did it go compared to what you expected it to be like?
 - It went pretty much just as I expected it to. I did not know that we would be the patients though, so that was a fun surprise.
- What went well?
 - I think we worked well as a team when we were in the primary and secondary nurse roles. Also, the feedback from the observers was extremely helpful in regards to what we need to work on.
- What could have gone better?
 - In my opinion, if other students had taken it more seriously I think it could have gone better. However, I do believe sim should be a time to laugh, not be so serious, and learn from our mistakes in a safe space.
- Reflect on the scenario in which you were in the role of the patient or family member. How did that experience affect you?
 - I played the role of the patient withdrawing from alcohol. Seeing all the symptoms I had to portray really put into perspective how hard alcohol withdrawal can be for a patient.
- How this week impact the way you feel about your ability to use therapeutic communication?
 - I believe the therapeutic communication aspect was the most important thing I learned this week. It not only applies to psych patients, but all patients we will encounter. I saw how much therapeutic communication can broaden the nurse-patient relationship and it is something I will always keep in my "toolkit."
- Did this week change the way you think about mental health? If so, how?
 - This week did change the way I think about mental health. It helped me understand that nurses play a huge role in reducing stigma and advocating for fair treatment of psych patients. Also, realizing that all patients suffer from some degree of anxiety while in the hospital will help in the way I care for my patients in the future.
- How will you use the knowledge gained from this experience in your practice as a registered nurse?
 - I will use my knowledge gained this week to provide more compassionate care to my patients. Portraying these scenarios helped me to understand that mental

health truly is just as important as physical health. I plan to be more attentive to my patient's emotional needs. I also plan to really think about utilizing therapeutic communication with every patient. I will be an active listener and be sure to always ask how my patients are feeling, both mentally and physically.