

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 simulation this week. I think it gave me more confidence to handle these different type of scenarios that we will possibly come across in the psych rotation. It allowed me to think outside of the box on certain medications or other possible options to provide to the patient.
- How did it go compared to what you expected it to be like?
 - It was a lot less stressful than I think we always expect simulation to go. I really enjoyed the different scenarios for the different disorders that we could potentially see in psych rotation that Mrs. Harrison provided. She made it less stressful by giving positive feedback even if there were some things that we may have missed.
- What went well?
 - I think overall, I handled my scenario well. My patient had borderline personality disorder along with anxiety. She came into the psych unit with attempt of suicide. I was able to use the Columbia suicide severity rating scale properly and that went well. The patient teaching over medications were done, as well as making sure the consents were signed for a new medication prescribed. The patient kept asking for a cigarette, and I offered a nicotine patch or the choice for the nicotine inhaler. KJ was my second nurse, and we worked together as a team.
- What could have gone better?
 - I think just knowing a better way to handle the situation when a patient is saying she wants to kill herself or insulting the nurse would be beneficial for real life. I know in psych there are certain things to say and not to say, so just knowing more so what those things are could be helpful in the future.
- Reflect on the scenario in which you were in the role of the patient or family member. How did that experience affect you?
 - I was the patient for the schizophrenic scenario. It makes you more appreciative that you don't have this disorder as well as just putting yourself in the shoes of someone who has schizophrenia. Having hallucinations or delusions that someone is trying to take a baby of yours that doesn't even exist seems incredibly sad and scary.
- How this week impact the way you feel about your ability to use therapeutic communication?
 - "I see, you seem, tell me" is something that we were able to practice in simulation while we were the nurse for our patient. At first it felt a little foreign

trying to put into your communication when speaking with the patient, but it makes them feel seen and that you genuinely care about them.

- Did this week change the way you think about mental health? If so, how?
 - Yes, this week definitely changed the way I think about mental health. Through the simulation, I gained a deeper understanding of how complex and individualized mental health conditions can be. Especially after listening to people's personal stories about their conditions as well as performing the scenarios.
- How will you use the knowledge gained from this experience in your practice as a registered nurse?
 - When you see what people could go through daily, it makes you really think about the approach you have for these patients. They all deserve empathy and for their nurses to be nonjudgmental, so just taking that portion of the simulation will play a big part as a registered nurse.