

PMH Simulation Reflection

- Describe your feelings about your participation in the simulations this week.
I really enjoyed this week's simulation. It was definitely less stressful than other simulation experiences I've had, and it was a good learning experience.
- How did it go compared to what you expected it to be like?
I expected it to be worse, just because therapeutic communication scared me before. I feel like I'm not good about knowing what exactly to say, so that was different, but I am glad I got the chance to practice it in simulation before going to my other clinical rotations. I think it went really well.
- What went well?
In the anxiety scenario, I was the secondary nurse. I feel like that scenario went well for me, and I was able to help Caity with the scenario.
- What could have gone better?
I think my scenario could have gone a little smoother, but obviously everyone gets flustered and forget things in the room. I forgot the 4 P's, I wasn't sure about the caffeine aspect of the scenario, and I couldn't remember the medication orders the doctor told me over the phone. Most of this was just because of nerves!
- 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 borderline personality disorder scenario. It was interesting to see her behavior, and how fast it switched.
- How did this week impact the way you feel about your ability to use therapeutic communication?
This week definitely helped me in improving my therapeutic communication. I'm awkward talking to patients and just people I don't know in general, so therapeutic communication has always been tough for me. The prompt, "I see.. You seem.. Tell me.." helped give a base to the therapeutic communication, and I was able to kind of build on that. I think that after this week, I feel way more comfortable with therapeutic communication and now I will be prepared if it comes up in another clinical setting.
- Did this week change the way you think about mental health? If so, how?
I think this week did change how I think about mental health. I feel that patients with a mental health disorder often are judged, and this week taught the importance of being non-judgmental. I really liked the example "would you get mad at a patient who was throwing up? Or if their blood sugar was high?" I think that really helped put things into perspective for me.
- How will you use the knowledge gained from this experience in your practice as a registered nurse?
I will use my practice of therapeutic communication, remember to be non-judgmental, and try and get a better understanding of my patients' disorders.