

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 enjoyed the SIM experience this week. It is good to be a part of a simulation experience that is designed to facilitate learning in a non-threatening environment.

- How did it go compared to what you expected it to be like?

This simulation was more focused on therapeutic communication. We learned to assess patients by observation, focusing on verbal and nonverbal communication. We practiced less on physical assessments.

- What went well?

The simulations ran smoothly. We were prefaced on what to look for in our patients and given the tools we needed for each scenario. Everyone worked well as a team.

- What could have gone better?

We could have done a better job with the nursing skills we have already learned, such as checking for call lights, using two patient identifiers, and scanning medications.

- 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 undergoing alcohol withdrawal. It was a valuable experience to be placed in the role of the patient. As we went through the simulation process, I could understand what it would be like to be in the position of an alcoholic, to have a physiological need for a substance and not have access to it.

- How this week impact the way you feel about your ability to use therapeutic communication?

I have gained a better understanding of therapeutic communication. Learning to make observations, state that the patient is seen, and to acknowledge how the person feels

was helpful. It is a good way to be direct without coming across as being judgmental or uncaring.

- Did this week change the way you think about mental health? If so, how?

Yes, this week has taught me to be more empathetic towards those struggling with mental health.

I was raised in an era in which mental health was not recognized as an integral part of one's overall well-being. People were often thought of as weak if they were not able to sort through mental health issues by themselves. In pop culture, movies portrayed people in mental health facilities as out of control, and songs such as "The Thorazine Shuffle" poked fun of people on mental health medications.

A lot has changed in the field of mental health, even going back to 1963 with the landmark legislation of the Community Mental Health Act. I am glad that today, people can feel more comfortable getting the help they need to be healthier overall.

- How will you use the knowledge gained from this experience in your practice as a registered nurse?

I have gained a better understanding of how to use the various mental health screening tools. I learned that even though I may not have a screening tool in hand, I can still quantify information by asking how the patient feels on a scale of 1-10, much as we would to identify the degree of pain a patient is experiencing.