

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.

Each scenario had their own unique challenges associated with these mental health conditions. I felt both challenged and engaged, especially in adapting my approach to provide compassionate, patient centered care.

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

I anticipated feeling overwhelmed or unsure in some situations, but they went better than I expected. The structure of them made me feel more prepared and confident.

- What went well?

My ability to recognize early signs of withdrawal and respond quickly. I remained calm and communicated clearly with the patient which helped deescalate their anxiety and agitation. I also made sure to monitor vital signs closely and prioritize safety.

- What could have gone better?

One area that could have gone better was I could have communicated more effectively with the patient. I felt like I could have given more options and resources to help after discharge.

- Reflect on the scenario in which you were in the role of the patient or family member. How did that experience affect you?

It was powerful and eye opening experience. Stepping into the mindset of someone experiencing hallucinations, delusions gave me a deeper sense of how overwhelming and isolating the condition can be. Helped me understand the fear and confusion patients might feel.

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

It made me realize how communication can be in building trust, reducing anxiety, and supporting patients through vulnerable moments. I felt confident in using active listening, open ended questions, and a calm tone to create a safe space for patients to express themselves. Also, the importance of being present and nonjudgmental.

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

It changed the way I think and how impactful these conditions truly are. It helped me see the real physical, psychological toll mental health can take. I have a deeper appreciation for the importance of empathy, patience, and a nonjudgmental attitude when caring for individuals experiencing mental health challenges.

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

I will use the knowledge gained from this experience to provide compassionate and patient centered care. I now better understand how to recognize signs of mental health crises, communicate effectively with patients in distress and apply appropriate interventions like deescalation and therapeutic communication.