

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.
My feelings during simulations this week was a little anxious in the beginning of the scenario, but then I organized my thoughts and became more comfortable. I was nervous about saying the wrong thing and triggering the patient during the scenario. I also felt empathetic that people really do experience these disorders that feel that their hallucinations are real.
- How did it go compared to what you expected it to be like?
I did not know what to expect at first because I thought it was going to be intimidating taking care of a schizophrenic patient during simulation, but it was not as difficult as I thought it was going to be because I prioritized the immediate needs of the patient which helped me to stay organized.
- What went well?
I thought that my therapeutic communication with the patient went well because I asked her why she was agitated, which led her to tell me about the hallucinations that were causing her distress. I also used active listening and was nonjudgmental when the patient was talking to me about the hallucinations.
- What could have gone better?
What could have gone better is I should have explained the consent form for a psychoactive medication because I felt like I was unorganized and awkward with explaining the consent form. I also should have educated the patient on taking the medication routinely and as the physician prescribed because this patient was off her medications for a while.
- 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 with chronic anxiety in one of the scenarios, and that experience affected me by understanding that those patients are truly scared and anxious, and it is very hard for them to not feel like that anymore. This is why it is important for the nurse to make them feel comfortable and less anxious.
- How has this week impacted the way you feel about your ability to use therapeutic communication?
I did not know how impactful using therapeutic communication is until this week because I saw how effective it was to just listen and talk to the patient that they are acting a certain way and telling them to tell you about it. This allows for the patient to communicate easier so that the nurse can know how to meet the patients' needs in a better way.

- Did this week change the way you think about mental health? If so, how?
I feel like this did change the way I thought about mental health because it is important to understand that these patients with mental disorders cannot control the way that they think or act, but it is still important that the nurse treats them as any other human who is sick and meet their physical and emotional needs.
- How will you use the knowledge gained from this experience in your practice as a registered nurse?
I will use the knowledge that I gained this week by communication with patients better with therapeutic communication and being empathetic with the patients and treating them with respect.