

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.

Participating as a nurse, patient, and observer was both eye opening and emotionally impactful this week. As the nurse, my main priority was therapeutic communication and active listening. I also wanted to make sure I was creating a safe and nonjudgemental environment as the nurse. Playing the role as the patient gave me deeper understanding of what these individuals can go through on a daily basis. It helped me see how important the little things such as tone of voice and body language matter to the patient and impact how their comfort level and willingness to engage in their own care. As an observer I was able to see the different techniques and interventions my peers performed. It helped me reflect on how I can improve my own communication and de-escalation techniques.

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

I was very nervous going into simulation and I was not really sure what to expect. After my week at simulation, I am really glad I had the experience and I think it went really well. I learned so much and gained a lot more confidence with certain PMH disorders and patients.

- What went well?

I think my therapeutic communication and my ability to identify which interventions were needed went well. I also think I did well to try to meet the patient's needs and providing patient centered care.

- What could have gone better?

I would have liked to get to know the patient more as an individual. I think I was so focused on the fact that I needed to assess the patient's anxiety and intervene, that I forgot to get to know the patient and their home life.

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

Playing the role as a patient with borderline personality disorder left a lasting impression on me. Just getting a small glimpse of what these patients go through on a daily basis has opened my eyes to how strong these individuals have to be. This scenario has definitely increased my empathy for patients with borderline personality disorder.

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

Being placed in different roles such as the nurse, patient, and observer really allowed me to see therapeutic communication from different angles. Overall, this week made me feel more confident in my therapeutic communication skills, but it will always be a skill I need to practice and improve on.

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

Yes, this simulation definitely changed the way I think about mental health. The scenarios helped break down some of the stigma I did not realize I had especially when playing the role as the patient. It helped me understand how vulnerable and helpless someone with a mental health condition can feel, and they are often not taken seriously. This week has encouraged me to be committed to being a nonjudgemental advocate for each patient regardless of disorder or condition.

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

I will use my knowledge from this week in my nursing practice by being more intentional, compassionate, and confident when caring for patients struggling with mental health. This simulation also gave me an insight to how important therapeutic communication is. I will be sure to use silence, active listening, and validation in my nursing practice.