

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.**

Going into SIM week, I was excited to see how SIM was going to play out. I was interested in how we were going to provide patient assessments and nursing interventions.

After completing and observing the scenarios, I gained valuable skills that I can use.

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

The SIM lab went better than I thought. I expected SIM lab to be like previous labs where we had to intervene for an intervention that was not planned. However, I learned that simple therapeutic communication is a vital skill that can improve patient's health and being.

- **What went well?**

Being a primary nurse gave me a good insight into psychiatric nursing. I thought I prioritized patient care well. Although I did forget to scan the meds, I was preoccupied by calming down my patient by meeting her needs. I was able to decrease the stressors that were occurring at the time and offered to look for resources that may help.

- **What could have gone better?**

One thing that could have gone better was scanning the medications in the EMAR. I forgot to scan the medications. I was too focused on getting the patient a nicotine inhaler to ease her need to smoke. The patient became irritable and agitated, so she began to scratch at her cuts on her wrists. To prevent the cuts from bleeding and becoming infected, I went ahead and called the HCP for a nicotine product. Once I obtained the medication, I totally forgot to scan until the end of the scenario. As a takeaway from this situation, I learned that I

need to make sure that I am doing medication rights to ensure that the patient is safe and administration is documented.

- **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 of a PTSD patient gave me an understanding of what patients may go through. Even though I had to act as a PTSD patient, I felt all over the place. What I went through was temporary and probably did not give me the full experience of an actual PTSD patient. However, I feel for the patients that they must experience any psych disorder daily.

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

I learned that therapeutic communication is a skill that is vital for patients. Patients deserve to feel seen, heard, and understood. By simply asking or talking to the patient, health care is improved.

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

This week gave me a better understanding of mental health. I knew that mental health had stigmas and various opinions whether it was a validated issue. I want to educate about the importance of mental health and the effects it may have on a person's social, physiological, and mental being.

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

Based on the lab, I gained a significant insight into how psych disorders can affect a person. Therefore, when I interact with anyone, I need to keep in mind that everyone may be

Jasmine Luna

going through issues that can affect wellbeing. I want to be a person that can help others and be there in any situation.

Revised 7/2023