

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 was very nervous going into simulation on day one. In past modules, we have been given a list of tasks to complete in a short amount of time, on top of the nervousness. I went into my simulation very anxious.
- How did it go compared to what you expected it to be like?
-I would say it went well, but I let my expectations overtake what the scenario actually was. I definitely was “waiting for the other shoe to drop” instead of accepting the scenario for what it really was.
- What went well?
-I addressed the problems and got the correct medications. I maintained a safe environment for my patient. I efficiently delegated tasks to my secondary nurse. I also feel like I have improved on my SBAR when contacting the doctor for a medication order.
- What could have gone better?
-I wish my nervousness didn't show in my body language towards my patient. The scenario/diagnoses was not what made me uncomfortable. I understand how that can be offensive to my patient, and I never want that to be an issue. I should have been more aware of how I was presenting and acknowledged that it could have been offensive.
- 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 in the role of an OCD patient and I found it very insightful to try to understand how the diagnoses itself works. I have friends with OCD, and I feel like I further understand their struggles.
- How this week impact the way you feel about your ability to use therapeutic communication?
-I appreciated the opportunity to focus more on therapeutic communication instead of just medication skills. It is definitely something I struggle with because I can get preoccupied with perfecting my skills that I completely disregard therapeutic communication.
- Did this week change the way you think about mental health? If so, how?

-Yes, it allowed me to become more comfortable with interacting with psych patients. I also will take into account that mental illness looks different for everyone. No matter what unit I decide to work in, I will most likely encounter mental illness, and I feel equipped to give them the care they deserve.

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

-I will be able to utilize therapeutic communication not only for psych patients, but for any patient or family members that I encounter. I also will feel more comfortable with not anticipating to have a lot of tasks to complete. Sometimes it can be simple and I have to learn to be okay with that.