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 feel as if I participated more than enough this week in the simulations this week. Being the nurse (both primary and secondary) was able to practice communicating therapeutically which was a really big help as I feel like I had not practiced doing that enough.
- How did it go compared to what you expected it to be like?
    - Sim always makes me a bit nervous as I never really know what to expect/ what will go wrong in the scenario. It went a lot better than my original thoughts, as the scenarios were very insightful, and I was not as nervous as I felt the scenarios were very helpful.
- What went well?
    - I think learning to just be able to talk with the patient was very beneficial and went very well, it did take a little getting used to in terms of not knowing what to fully expect in terms of the patient and how they would be acting.
- What could have gone better?
    - Something that could have gone better in my opinion would be finishing the scale I needed to in a timelier manner, as I feel it would have been better for the patient to gather that information and provide it to the physician ASAP.
- Reflect on the scenario in which you were in the role of the patient or family member. How did that experience affect you?
    - Being able to step into the shoes of someone going through alcohol withdrawals was eye opening, as I have never had a sip in my life, I cannot usually relate to this. Being able to be the patient in this scenario gave me more insight than I had prior.
- How this week impact the way you feel about your ability to use therapeutic communication?
    - This week gave a lot of opportunities to further develop my therapeutic communication in several scenarios. The scenarios as both the primary and secondary nurse provided the opportunity to practice the communication with the patient. Being the patient and being spoken to therapeutically provided some insight as to how I would perceive this sort of communication if I was going through something. Even being the observer and seeing/hearing the other students communicate therapeutically helped as I picked up on some techniques that I am not so sure I had used myself.
- Did this week change the way you think about mental health? If so, how?

    - Not particularly, as I do maintenance for a company that is full of clients with IDD, so I have the opportunity to interact with them frequently. It was different in the aspect of care I was able to provide, as I have never truly assessed any of the clients as I did in simulation.
- How will you use the knowledge gained from this experience in your practice as a registered nurse?
    - I will use the information I have gathered, especially in my therapeutic communication, daily in my practice. Communication is vital with every patient we take care of, regardless of diagnosis or any other identifying factor.