

## 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.**  
At the start of the simulation lab, I felt anxious and unsure of myself. However, as each scenario unfolded, I became more confident in my clinical abilities and decision-making. The experience allowed me to apply my knowledge in a hands-on setting, which helped reduce my nervousness and reinforced my skills.
- **How did it go compared to what you expected it to be like?**  
The simulation lab went much faster and more smoothly than I initially expected. Unlike previous experiences that were more focused on direct treatment and interventions, this lab emphasized therapeutic communication. I had to shift my approach from primarily performing clinical tasks to actively engaging in meaningful, patient-centered dialogue. This challenged me to strengthen my communication skills and reminded me that effective care often begins with simply listening and connecting with the patient.
- **What went well?**  
My teamwork with my partner, Tadrian, went especially well. We communicated effectively and collaborated smoothly to assist the patient. As the scenario progressed, we were able to adapt our plan and support each other's actions, which contributed to a more organized and effective approach to patient care.
- **What could have gone better?**  
I feel that our teaching on coping mechanisms for anxiety could have been more thorough and detailed. However, I recognize that with more experience and continued practice, my ability to provide comprehensive and effective patient education will continue to improve.
- **Reflect on the scenario in which you were in the role of the patient or family member.**  
I was the patient in the cocaine withdrawal scenario, and I felt that my peers handled the situation very well. They remained calm and professional, effectively managing my agitation and responding to my behavior with patience and therapeutic communication.
- **How did that experience affect you?**  
This experience impacted me by opening my eyes to the reality that patients struggling with addiction are human beings—people who have simply faced difficult circumstances. They deserve the same compassion, respect, and quality of care as anyone else. It reminded me of the importance of seeing beyond the diagnosis and treating every patient with dignity.
- **How this week impact the way you feel about your ability to use therapeutic communication?**

I found this simulation lab to be very beneficial for strengthening my therapeutic communication skills. I recognize that as my clinical experience grows, so will my ability to communicate effectively. This experience helped me realize just how vital communication is in building trust and rapport with patients, which is essential to providing compassionate and effective care.

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

Yes, like I have stated before, it made me realize that these patients deserve to be treated no differently from myself.

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

I will carry this experience into future patient care by focusing on building rapport that fosters open, honest communication. This foundation of trust will allow me to better understand my patients needs and provide them with the highest quality of care possible.