

Marissa Torres

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.
- How did it go compared to what you expected it to be like?
- What went well?
- What could have gone better?
- Reflect on the scenario in which you were in the role of the patient or family member. How did that experience affect you?
- How this week impact the way you feel about your ability to use therapeutic communication?
- Did this week change the way you think about mental health? If so, how?
- How will you use the knowledge gained from this experience in your practice as a registered nurse?

My feelings in simulation this week started off a little bit more nervous than usual because of the new environment. Being in a different environment made things a little more interesting and fun!

I didn't have certain expectations for the experience other than thinking it would have been a lot harder than it actually was. It was very organized and well paced. It allowed me to see things from a slower approach. I don't think anything could have gone any better than it did. The scenarios were detailed yet easy to grasp the intended concept.

During my time as a patient I felt a little ignored as far as what my concern of the intensity of the anxiety I was pretending to have. I think we were all used to the direct medical care intervention approach as far as medications to administer or vital signs instead of the actual subjective issues.

This week only enhanced my abilities and details used in my way of using therapeutic communication. It solidified that I in fact am NOT too detailed and that I have a strong ability to make a difference even if it's just by using words to communicate or be present for someone in a mental health setting.

Mental health has been huge for me since personal experiences in 2016, when I really understood how important it is to protect. No matter how old we are.

The knowledge I have gained will greatly improve my response to patients with more of a "medical" response versus it seeming like a personal/ emotional response. Allowing me to stay in my professional role but still be able to connect with my patient. I am so thankful for the PMH experiences this module, my life is forever changed for the better.