

## PMH Simulation Reflection

In PMH simulation this week, I feel like I gained a greater understanding of what a nurse's role encompasses when caring for Psychiatric patients and increased my empathy for what these patients might experience with their different psychological conditions. I was the primary nurse in the simulation of a patient with a borderline personality disorder. I appreciated 'playing the role of the nurse', because I felt like I was able to put into practice suggestions of therapeutic communication and interventions that I watched during my observation time. In the mist of the scenario, it was more difficult than watching to not get distracted by the developing situation at hand and the increase of emotions or urgency of the patient. I didn't expect how significant therapeutic communication is while talking to patients with psychological struggles and the impact words have with explanations either triggering a positive or negative response. I feel that I did a good job prioritizing safety and understanding the main goal for each patient senecio, but I will need practice to know the best response and prioritizing emotional safety for the patient as well as physical safety. I was a patient with general anxiety and in the scenario, I feel like I could understand just by pretending to be scared how a new environment, new procedures, and new people would increase fear for a patient. In simulation, I realized the importance to practice listening and using therapeutic communication because it will greatly impact the patients. After this simulation, I want to be intentional about practicing therapeutic communication in my other clinical experiences and remember to prioritize patient safety both physically and emotionally. I want to practice the therapeutic communication phrase words: "You seem\_\_\_, tell me\_\_" because this gives the patient the ability to explain their emotions and the nurse the ability to assess what interventions might help the patient the best. I think it is also helpful to redirect the patient to take ownership of their feelings and solve the "solution" together. Moving forward, I want to remember and practice and the importance of listening and communicating interventions well.