

PMH Simulation Reflection

- I was initially super nervous about this simulation experience because we had so little information on PMH before going into it. After we ran the first two scenarios, I began to feel a little better. I think I got nervous and froze up a little when it was my turn to be the nurse, but overall, I feel like it was a good judgement free learning zone.
- I expected it to not go well at all, so the fact that we survived and did relatively well surprised me.
- What went well for me is that ultimately, I was able to pass the medication and get my patient into a calmer state considering the circumstances.
- What could have gone better is more confidence, more therapeutic communication and just more overall organization when entering the room. I think I blanked on everything I've learned previously for a second. I just need to remember my skills I have obtained and combine that with therapeutic communication to be more effective in my care.
- I was the patient for the PTSD scenario. I think it really opened my eyes to what someone dealing with this may feel like on a day-to-day basis. Sometimes playing the role of the patient also helps me be more effective in how I would want to treat a patient with any of these mental illnesses.
- Having simulation week one of clinical ended up being beneficial. I think going to oceans first without any baseline of therapeutic communication would have been difficult for me. Now I have a good groundwork and can continue to build off that.
- Yes, this week changed the way I think about mental health. I did not fully understand the differences between some of the disorders we went through, so that really clarified things on that end. Also just realizing the judgement and stigma these people may deal with overall does not help anything. I hope to be the nurse that sees them as who they really are and can be a light in their life when they need it most.
- I will use the knowledge gained from this experience in my practice to remember that we are all just people. I will remember that therapeutic communication is useful in all areas and to keep eyes open for people struggling in silence. I will also never forget to ask a person dealing with PTSD how they would like to be woken up in the mornings!