

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.
 - Participating in simulation this week was very eye opening in all of the roles. I think that getting to be the nurse obviously prepared us and allowed us to learn so many things about how to approach patients with different diagnoses. Being a secondary nurse allowed me to see exactly what the DSM-5 looked like and how I would be using it in my nursing practice. Lastly, as an observer I was able to see the different ways I could use therapeutic communication in my practice and also catch things that I should avoid doing when caring for a patient with a mental health diagnosis.
- How did it go compared to what you expected it to be like?
 - I think that my scenario went better than I thought it would. Although I did make mistakes, I feel like I hid my nerves better than I anticipated and allowed myself to communicate how I felt would help best. The scenario was a bit different than I expected it to go but nonetheless we rolled along and did the best that we could.
- What went well?
 - I think the communication went well especially when recognizing stressors for the patient. Being able to communicate to the patient that there would be a lot of questions being asked and allowing her to answer at her own pace, while providing adequate times for breaks, allowed for a stress-free environment during the assessment.
- What could have gone better?
 - During the scenario I could have slowed down and taken some time to just be in the moment rather than focusing on things that I thought were going to happen. In this case I was so caught up in the possibility of the patient doing something spontaneous, that I forgot key steps such as taking vital signs as well as not doing as good of a job during the med pass as I should have done.
- Reflect on the scenario in which you were in the role of the patient or family member. How did that experience affect you?
 - I was able to see just how exhausting it is for a person to live with mania. While acting it out I don't think I even displayed the extent to which the symptoms can go and that was very eye-opening. I was tired from a 15-minute display, and thinking about those who live with it 24/7 makes me more understanding towards patients with this diagnosis because of how draining it must feel. It makes me want to help be that peace for someone that doesn't have the opportunity to just end the scene.

- How this week impact the way you feel about your ability to use therapeutic communication?
 - I feel like as nursing students we almost all have this idea of how we should talk to patients. The tone, mood and pace at which we talk is different no matter what patient we talk to. However, when it comes to psychiatric mental health nursing, there is a different level of knowledge that you have to have when deciding which way you are going to approach each situation with a patient. Each diagnosis and person comes with different triggers and stressors, and I feel like this simulation lab has helped us to be prepared for some of the things we are going to see and how we can manipulate wording, tone, and explanation so that we can deliver the care to get the best outcome for the patient.
- Did this week change the way you think about mental health? If so, how?
 - I have always known that psychiatric mental health nursing was different, but I think that's what drew me to it. From this week the most impactful thing was when we were asked if we would be mad about a patient for vomiting or having a heart attack. We all responded "no" and then were asked what the difference was between that and symptoms that a psychiatric patient was experiencing. That was the best thing I had heard that summed up this kind of nursing and I really admired hearing that explanation for how we should care for patients in this environment.
- How will you use the knowledge gained from this experience in your practice as a registered nurse?
 - Like we were told, psychiatric mental health nursing is everywhere, and we will see it no matter what specialty we decide to go into. I will not only remind myself to check on the mental health of my patients but also their families. I will also never forget to ask my patient how they would like to be woken up because you never know someone's past experiences.