

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.

This week in simulation I participated in roles as the main nurse, secondary nurse, observer, and two different patients. I liked learning about therapeutic communication.

- How did it go compared to what you expected it to be like?

It went better than I expected. Simulation felt like a safe space to ask questions and elaborate on mental illnesses without having to worry about my lack of knowledge on the subject.

- What went well?

The scenarios went well and each one brought an aspect of care I hadn't thought about before.

- What could have gone better?

With more information prior to simulation, I believe I could have done better on my teaching and therapeutic communication.

- 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 the patient for two scenarios. The alcohol detoxing scenario taught me that stopping consumption immediately could have severe seizure effects. I also learned about nicotine inhalers and how in some cases it can be used to give an immediate fix to prevent patients in the hospital from leaving against medical advice while their nicotine patch has time to start working.

My second scenario I was the patient with schizophrenia. This role was hard to play because of the constant switching of attention between my imagination and the nurses. This showed me how this patient population could come off agitated due to constantly having stimulus and how without treatment their illness can take hold of their everyday life.

- How this week impact the way you feel about your ability to use therapeutic communication?

After this week I feel like I am able to use therapeutic communication not only with this population group but with everyone I encounter in the hospital. This can help my nurse patient relationships and in turn can help me advocate better for my patients and their needs.

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

This week opened my eyes to the way this patient population is treated in the hospital and how underlying conditions can go unnoticed due to the persons mental illness and how a little kindness can go a long way in their lives even if we don't see it on the outside.

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

I will use several aspects of knowledge I gained but the one I intend to utilize the most is the fisher price three steps of therapeutic communication. I can implement these three questions with almost every patient I take care of and carry this technique into all areas of nursing I will see.