

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.
- I was very anxious before starting the simulation. After going through the first scenario as the second nurse I was fine. Talking about the scenario before and right after really helped ease all the anxiety. I felt very comfortable in simulation. Even if we messed up we didn't get negative feedback.
- How did it go compared to what you expected it to be like?
- I didn't think the scenarios would be that good/realistic. From following the prompt it made it seem like it was real life and not simulation. I can definitely tell where some students wouldn't like these scenarios because of past trauma.
- What went well?
- Everything went well especially having only one lecture about psych before the simulation. I felt like I learned so much in just these past two days. Post discussion went very well too. Hearing what we did good on was very helpful.
- What could have gone better?
- Nothing. In my opinion everything went great.
- Reflect on the scenario in which you were in the role of the patient or family member. How did that experience affect you?
- Being in the role as a patient that wanted to commit suicide was sad. It made me feel like I was an actual suicidal patient. I never been in this position as the patient before and it really was an eye opener. Just experiencing this during simulation really helped out on having a better understanding with these kind of patients.
- How this week impact the way you feel about your ability to use therapeutic communication?
- It has improved my thought on therapeutic communication. I never realized that saying certain things can totally change someone's behavior. Sitting down with the pt can mean everything to them. Sometimes therapeutic communication has a better outcome than medication. A lot of times that pt just needs someone to talk to them.
- Did this week change the way you think about mental health? If so, how?
- Yes it did change the way I think about mental health. I will now be more understanding with patients and have more patience with them. These are serious diagnosis that someone suffers with. The last thing they need is a nurse to not be understanding with them. These pts need more 1:1 from care givers.
- How will you use the knowledge gained from this experience in your practice as a registered nurse?
- I will definitely be calmer and patient towards these kinds of patients. I will be more understanding with them. I will try to just sit down with them and be someone they can

talk to. I will definitely be using the “I see you.... You seem.... Tell me...” communication will all my pts from now on.