

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.
- How did it go compared to what you expected it to be like?
- What went well?
- What could have gone better?
- Reflect on the scenario in which you were in the role of the patient or family member. How did that experience affect you?
- How this week impact the way you feel about your ability to use therapeutic communication?
- Did this week change the way you think about mental health? If so, how?
- How will you use the knowledge gained from this experience in your practice as a registered nurse?

Simulation week always makes me nervous. I'm confident in my skills, but performing in front of classmates and professors makes my anxiety extremely high, and in saying that I honestly just go blank. I feel like this SIM was different in many ways, it was very knowledgeable and fun. I felt like I was able to listen and take care of my patient instead of worrying about hitting marks. When I was in my scenario, I was calling the sister by sister and not her name. I did not think that I even asked her name. She introduced herself as her sister and to be honest I was so nervous that I forgot her name or if she even told me. I know that I am horrible with names, however, I do need to work on that. When I was the patient in the schizophrenia scenario, it was sad. It also made me think of the labels we put on people with this type of mental illness. I cannot imagine how they must feel knowing that the voices they hear are not real when they are able to get the help needed and the ones who are not able to get any help, I can only imagine it is very frustrating. That is putting it mildly. Therapeutic communication is very important. I feel like I have strong communication skills. I can empathize with people and not make them feel bad about themselves or that they are helpless or stupid. We all need help every now and then even if it is just a simple hello with a smile or a sticker with uplifting messages. Hopefully, that makes sense. It has changed the way I feel about mental health. I am trying to remove certain words out of my vocabulary, and I am also going to be more mindful of the things I joke about it without any intention of hurting anyone. There is so much to mental health and to know something I may find funny could trigger someone else. This experience has been eye opening for sure. I've always wanted to do oncology with wound care but during the past few weeks I have really found interest in this field! Thank you for this SIM experience. You are a great professor and keep up the good work. I can definitely see others changing their minds about this field.