

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 thought it was wonderful that we got to experience what these actually patients deal with or go through. Being able to work out the steps of how to approach them with therapeutic communication was a big eye opener.
- How did it go compared to what you expected it to be like?
I struggled a lot with communication. I expected it to go easier but when in the moment it was hard. I wanted to be more empathetic but I felt I froze.
- What went well?
Just being able to catch myself with the words I use. I am working real hard on the way express my thoughts and how they come out.
- What could have gone better?
Again I think it goes back to communication. Just being able to find the right words to say.
- Reflect on the scenario in which you were in the role of the patient or family member. How did that experience affect you?
It made me feel sad and I really tuned in to how the nurses treated me and body language really stood out to me. Made me more aware of how they really must feel with the way we project ourselves.
- How this week impact the way you feel about your ability to use therapeutic communication?
I know I definitely need work but the positive thing is, I could catch myself doing it in the moment. So just practicing it will help I suppose.
- Did this week change the way you think about mental health? If so, how?
Absolutely it did. I can view them better as a human that is mentally sick and not just crazy. In the end we all need help sometimes.
- How will you use the knowledge gained from this experience in your practice as a registered nurse?
I will definitely be more therapeutic in communication. I will see the patient for who they are and KINDNESS goes along ways. Just be kind. My favorite take away from this all.