

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.
 - At first, I was a bit nervous on how I would perform the scenarios. It's mostly because I'm performing in front of others and its being timed. However, after observing my classmates, they were also feeling a similar way, and that helped remind me that this is a learning experience through practice.
- How did it go compared to what you expected it to be like?
 - This may have been my most enjoyable simulation labs I've had throughout nursing school. My classmates and I worked as a team, we encouraged each other, and Dr. Harrison provided helpful reminders and pointers that boosted my confidence.
- What went well?
 - I was able to understand the pharmaceutical interventions for each scenario, and better understand how they help the psychiatric diagnosis. I also got to further understand the impact of therapeutic communication in this field of medicine, this simulation was great practice for this.
- What could have gone better?
 - My mind tends to get unorganized and overwhelmed, so I try to check things off while I perform the scenario. I need to feel less stressed, and remind myself that the simulation is here to help me and to be an extra resource for nursing care
- Reflect on the scenario in which you were in the role of the patient or family member. How did that experience affect you?
 - In my scenario as the patient, the diagnosis was generalized anxiety disorder. While reading the prompt and doing my best to interpret someone with this mental illness impacted the way I should approach them while they are in my care. Again, this highlighted the importance of therapeutic communication, especially when being in a vulnerable medical condition, ensuring the patient that they are safe and understood.
- How this week impact the way you feel about your ability to use therapeutic communication?
 - This week made me reflect on my ability to use therapeutic communication more than I thought. Its okay to take a pause, have a moment even if its short, to express to the patient that they are seen, and to allow them to express how they feel. The way we communicate to them, with our choice of words, and physical expression impacts their progression.

- Did this week change the way you think about mental health? If so, how?
 - Prior to the last three weeks in PMH clinicals, I believed to sufficiently understand mental disorders, however this experience humbled me. I better understand the purpose of psychopharmaceuticals, and the biological aspect of these illnesses.
- How will you use the knowledge gained from this experience in your practice as a registered nurse?
 - I am grateful for the exposure and experience this program offers, and how helpful simulation has been in this module. Simulation is great for practice on how to perform nursing care, work in collaboration, and implement therapeutic communication throughout the process. I am more confident to care for patients with these conditions and approach them in a more understanding manner.