

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 feel I participated good during sim, whether it was taking part in a scenario or observing and giving feedback. If there was anything I commented on to a peer, I promise it was constructive and not coming from a place of judgment. (I can hear how I could come off strong at times.) I always try to give feedback as I know it's something I personally appreciate receiving to learn from.
- How did it go compared to what you expected it to be like?
I was expecting less scenarios than what was presented. I thought we'd partner up and have it count as one scenario, but each of us having a specific scenario was great. It was a good experience to observe the different disorders, no matter the part you took in the scenario.
- What went well?
What went well for me was being a secondary nurse for the borderline personality disorder case. I understand we never know how we will encounter a patient, regardless of the illness they may have going on but this scenario had a lot going on. I feel this went well for me because I was a "helper" nurse so, the anxiety going into the case was not as bad. Therefore, I was able to focus a lot on deescalating. Even though I know that can be part of the primary nurse's role also.
- What could have gone better?
Personally, I feel my therapeutic communication could have been better. I felt stumped at times during the BPD scenario as I still have more practice and exposure that I need to be able to have less awkward pauses between responses or 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 in the Schizophrenia scenario. It was hard to do honestly. I appreciate the opportunity for sim to have a safe place to practice but I also understand this is someone's real life struggles. I was afraid of going in to be the patient as I didn't want it to come off as funny or jokingly for anyone in the scenario and maintain the fidelity aspect of it. Thankfully, I think the group did great in doing so in all scenarios. Though in the end, it was still hard, and I left feeling sad for people who live day to day with the hallucinations.
- How this week impact the way you feel about your ability to use therapeutic communication?
Sim showed me it can be a challenge to use therapeutic communication as it has not been part of my communication thus far.

- Did this week change the way you think about mental health? If so, how?
There was not much change for me. I already came into PMH practicing seeing patients as human and not their diagnosis, but I did see where it can hard to not involve your feelings at times.
- How will you use the knowledge gained from this experience in your practice as a registered nurse?
I will try to not let a patient who is going through a crisis and is acting harshly towards myself, or coworkers affect how the patient receives treatment from me. It would not be fair, and I believe everyone deserves kindness.