

Madison Hiser, PMH Simulation Reflection

I attended SIM at Texas Tech this week. I began the simulation feeling very nervous, but as time went by I was able to relax and feel more confident. The simulation did go differently than what I expected. I always go into sim with lack of confidence, but this time I felt as if I did pretty well and that I need to give myself more credit. What went well during SIM was that I was able to remain calm and supportive with my patient who had schizophrenia. I focused on using therapeutic communication, listening carefully, and showing patience. Even though I was nervous at first, I feel like I did well at keeping a caring approach. What could have gone better is my confidence. Sometimes I wasn't sure what to say, and I felt like I could have asked better questions. I also second-guessed myself a lot. With more practice, I think I will get better at talking with patients and knowing what to do. Playing the patient with a personality disorder was a good experience. It showed me how hard it can be for nurses to stay patient and calm. I learned how important it is to listen and not take things in the wrong way. It also helped me understand how the patient might feel, and it made me have more care and empathy for them. This week was a great learning experience on how to use therapeutic communication. I feel a lot more confident in talking to patients now that I learned "tell me, I see you, etc". Yes, this changed how I feel about mental health. I saw that people with mental health problems need patience, care, and kindness like everyone else. It showed me how important it is to talk in a calm way and not judge them. As an RN, I will use what I learned by staying patient and calm with my patients. I will listen, show care, and use therapeutic communication, even when things feel hard. This will help me give better care to patients with mental health needs and to all patients I care for. I really enjoyed this experience and all the different scenarios!