

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.

It was a rough start in the beginning feeling nervous not knowing what to expect from being in OB clinical changing into the psyche clinical but after the first two scenarios I started to get the idea on what to expect about the scenario I had picked and how to execute it to the best of my ability.

- How did it go compared to what you expected it to be like?

It was different in a way since we are taking care of patients with mental health that therapeutic communication is one of the big factors when going into the patient's room, but it is similar as to patient centered care to have our patient feel included and critical thinking to come up with different ways to approach them.

- What went well?

I feel that approaching the patient went well when it came to having to give them medication when they had a history of being noncompliant. As well as educating patient on their health and thoroughly produce a plan on how to persuade them to adhere to taking medication as well as eating and drinking.

- What could have gone better?

Doing the grading scale faster since it did take time and it would have prevented being in awkward silence for a few minutes, as well as my confidence going into the scenario.

- Reflect on the scenario in which you were in the role of the patient or family member. How did that experience affect you?

The role of the patient in the PTSD scenario affected me on the perspective on how a patient with PTSD thinks throughout the day such as always cautious about certain noises and on their toes being prepared for anything that might happen. It is hard to think even their own family could think they are crazy when they need their families help and support to get through the day and try to get use to not always living in survival mode.

- How this week impact the way you feel about your ability to use therapeutic communication?

My ability to use therapeutic communication has given me a little more confidence on talking to the patient but also more cautious since word choices is crucial when talking to a patient and making them feel heard and not a problem.

- Did this week change the way you think about mental health? If so, how?

It did change the way I think about mental health because you must come with a different approach with every patient and to remember that they are people to and may have diverse needs of care but still the same care we give to someone who does not have mental health.

- How will you use the knowledge gained from this experience in your practice as a registered nurse?

I will use the knowledge gained from this experience to understand my patient's mental health and how to approach each one in a different manner. Even more so on to better communicate with them and their family members