

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 like I was nervous at the beginning of the simulation week as it was new and something out of my comfort zone. By day 2 I felt at ease and was able to fully enjoy these learning scenarios.*
- How did it go compared to what you expected it to be like? – *I thought this simulation would be much more talking and feelings but it was still the like everyday nursing except we incorporated therapeutic communication more. We still provided our patients medication and cared for all their needs but we also focus more on the psychological aspect of it as well.*
- What went well? *I feel like being open minded went well. I had an open mind and was okay to mess up in these scenarios since I was getting to learn new skills.*
- What could have gone better? *I could have applied myself a little more to the thought process of each scenario. I could have read more into each of the disorders a little more as some of it was hard to remember, which my memory is horrible but still rereading/ reviewing on these topics more heavily would have helped better understand the patient and their thought processes.*
- Reflect on the scenario in which you were in the role of the patient or family member. How did that experience affect you? – *This scenario made me see that you as a person are not always in control of your thoughts and actions when you have a disorder such as BPD, that personal guilt is a real thing and sometimes it is truly uncalled for, in order to help yourself you must first learn to love yourself.*
- How this week impact the way you feel about your ability to use therapeutic communication? *I feel like therapeutic communication is super important and helpful in everyday situations and it can help people feel heard and seen.*
- Did this week change the way you think about mental health? If so, how?– *Yes it did, I feel like there is a generalized perception that people with mental health issues are just crazy but in reality they are not their brains and bodies just process differently than others do. Just like one person can have a different sense of pain than say you or I, we can not tell someone's story just by looking at them, you have to get to know them, talk with them.*
- How will you use the knowledge gained from this experience in your practice as a registered nurse?– *I will use this in everyday life as again it can help others to feel seen or heard and sometimes bring them back to ground of efficient thinking to handle their emotions and inner thoughts.*