

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 participated as a secondary nurse on the first day of simulation. At first, I did not know what to do but to support my primary nurse. On the second day, I was the primary nurse treating a patient with PTSD. I felt very anxious about the scenario. Whenever your anxiety level is high, it is hard to think. I did not process the fact that I need to ask my patient about her anxiety level, but whenever I was the secondary nurse, I can think clearly. I also played as a patient with hallucinations. Even though I was just playing the role, I felt how hard those patients have to go through every time they would have an episode.
- How did it go compared to what you expected it to be like?
I was not expecting a whole lot because I had no clue how to handle patients with the same condition. As the simulation went by, it was all about being kind and really putting your patient first. The bias must stay out of the building and just take care of your patient.
- What went well?
Running the whole scenario.
- What could have gone better?
I could have done better by assessing my patient's anxiety level and dealing it first.
- Reflect on the scenario in which you were in the role of the patient or family member. How did that experience affect you?
You would think that those people who have the same diagnosis are crazy and violent. It is not their fault. It just boils down that they need to be treated so that all the symptoms would somehow be not on the worse side.
- How this week impact the way you feel about your ability to use therapeutic communication?
I would say I gained more ability on how to do it therapeutically. I was already exposed to be empathetic with patients when I was a dialysis technician, but treating somebody with some kind of psychiatric condition is a whole new level.
- Did this week change the way you think about mental health? If so, how?
Yes. Not everybody is the same. All they need it understanding and giving the help they need to overcome the symptoms.
- How will you use the knowledge gained from this experience in your practice as a registered nurse?
Showing kindness and advocate for their needs. They did not choose to be like that. We are here to help, not to judge.