

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 really enjoyed this simulation. It was a safe and comfortable place to get out of our comfort zone and require us to be confident in our skills. It left us with good feedback on how to improve communication.
- How did it go compared to what you expected it to be like?
 - I expected it to be a lot harder but not in a bad way. I figured it would be too hard to complete these scenarios but we were so kindly provided with lots of education prior and so many resources.
- What went well?
 - I think my scenario went well. I felt good about being able to treat my patient just like anyone else even though they had a tough diagnosis and were different to communicate with.
- What could have gone better?
 - I could have been better with my communication skills.
- Reflect on the scenario in which you were in the role of the patient or family member. How did that experience affect you?
 - As the patient I was able to see from their perspective what they felt was really important. I was able to better understand how our actions as the nurse effect the patient.
- How this week impact the way you feel about your ability to use therapeutic communication?
 - This week I was able to see were I did well with therapeutic communication, but also where I could improve.
- Did this week change the way you think about mental health? If so, how?
 - Yes, it made me seen that even if two people have the same diagnosis does not mean that they are technically having the exact same experience as someone else. Every patient is differennt.
- How will you use the knowledge gained from this experience in your practice as a registered nurse?
 - I will be using “I see” “you seem” and “tell me” a lot more often when communicating with my patients. I was able to see how that opened a door for conversation and understanding.