

## Juliana Adams Pogoy

### 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.  
**At first, I felt nervous because I didn't know if I was going to do well or if I really knew how to handle psych patients. I thought the scenarios would have something that would trick me but as we went through each scenario, I started to realize that there was nothing to be nervous about. I had fun observing and I learned a lot on how to deal with each mental disorders.**
- How did it go compared to what you expected it to be like?  
**It was a good experience to see how to handle different mental disorders. By the time it was my turn to be the primary nurse, I was not as nervous as the first day that we were there.**
- What went well?  
**I think my interaction with the patient went well. I was able to stay calm even when the patient said something that I was not expecting. I think me and my secondary nurse also did a good job in delegating tasks and we were able to help each other out if we missed something.**
- What could have gone better?  
**I think I need more practice with therapeutic communication. I need to learn more on how to respond appropriately to the patient. I also need to learn more on the different mental disorders and understand it better.**
- Reflect on the scenario in which you were in the role of the patient or family member. How did that experience affect you?  
**Being a patient with anxiety gave me a glimpse on what it's like to have anxiety to the point where I can't remember stuff that normally would have been easy to remember such as what medication I was supposed to take or how to respond to questions. It might have not been real, and I was only acting out for a couple of minutes, but it really made me think in their perspective. It opened my mind on what they might have felt when they are having those symptoms.**
- How this week impact the way you feel about your ability to use therapeutic communication?  
**I thought therapeutic communication was going to be easy, but it was not. I definitely need more practice with it and think of more ways to communicate in a way that would support the patient.**
- Did this week change the way you think about mental health? If so, how?

**Yes, this week made me realize how difficult it would be for these patients to go through every day while experiencing all these symptoms. I thought of how brave they are for being to withhold despite all these things that only they get to feel and still go through every day and try to survive.**

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

**I would use it as a guide on how to take care of each of my patients. It would help me take care of them in a non-judgmental way. It helped me know how to interact with each patient that has a mental diagnosis and even those without the mental diagnosis.**