

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 felt confident during my simulation even though I had never taken care of a patient with that diagnosis. I prioritized safety, did my assessments/teachings I needed to do and communicated well to the patient/ physician when I called for orders.
- How did it go compared to what you expected it to be like?
I normally dread simulation, but this week was different. I felt comfortable and not on edge even though we haven't learned about every disorder we did a scenario with. With the scenarios we have learned about prior it was helpful being able to see it in person and to take care of the patient. I would say I did good with my scenario even though I was nervous because I didn't know what to expect.
- What went well?
I would say that I did everything I needed to do to take care of my patient. I was confident going in even though we haven't learned about the disorder. It was honestly my best SIM experience I have had all throughout nursing school.
- What could have gone better?
I could have done more nonpharmaceutical techniques with my patient to help with her anxiety.
- Reflect on the scenario in which you were in the role of the patient or family member. How did that experience affect you?
Being the schizophrenic patient different. I couldn't imagine living life everyday with voices in your head telling you things. It was an eye-opening experience because I actually got to experience it and put myself in the patients' shoes.
- How this week impact the way you feel about your ability to use therapeutic communication?
I would say it definitely was helpful being able to use it in different scenarios because you never know what a patient has gone through. Having therapeutic communication helps open up the door for the patient to feel like they can open up. This week gave me good practice on using it and being able to use it in different ways.
- Did this week change the way you think about mental health? If so, how?

Yes, this week was helpful because we got to learn about the disorder, put ourselves in the patients' shoes, and learn how to take care of each patient. I know for me being the patient for the schizophrenic scenario was eye opening and really deepened my compassion for people living with mental illnesses.

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

I will use therapeutic communication techniques on every patient because it helps the patient open up to us and build trust. Being empathetic/caring towards every patient because we never know what someone has gone through so treating everyone with kindness can go a long way. This experience helped solidify that mental and physical health can't be separated and you have to treat both. You can't just treat one symptom and ignore the other one. I will be incorporating the anxiety scale just like I do my pain scale and educate patients about mental health.