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.

The debriefing after every scenario helped me to recognize key factors in the disorders and just being able to have a group discussion about the scenario was beneficial.

- How did it go compared to what you expected it to be like?

Usually, I go into Sim dreading it, but I quickly realized that this sim was not as dreadful as the previous ones. Partly because of a new environment, and also because it was very organized.

- What went well?

Scenarios and the learning environment went well. I feel like nothing went wrong. Everything went smoothly regarding the simulation.

- What could have gone better?

If anything could have gone better, it could have been my mindset on day 1. I was in a terrible headspace and I feel like if I were in a better mental place, I could have learned more and been able to pay more attention to my SBAR and the correct medication admin.

- Reflect on the scenario in which you were in the role of the patient or family member. How did that experience affect you?

I played the role of an anxious patient. This role was difficult because I had already been having a lot of anxiety and heavy feelings before the Sim lab. First thing in the morning, I had to act like an anxious person was very hard, to the point I was just basically praying for strength before I had a breakdown. It was also bothersome being in that room alone for a short amount of time while waiting for the “nurses” to come in. I think just being on edge and not having a window or anything was not helping my anxiety at all.

- How this week impact the way you feel about your ability to use therapeutic communication?

I feel like therapeutic communication is not my strong suit, and being able to force myself to use it and watch others use it helped me. Also, having the resources to know what to say was helpful.

- Did this week change the way you think about mental health? If so, how?

Not necessarily because I deal with my own mental health challenges along with family members, but it opened my eyes to see how important the role of the nurse can be in these situations.

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

Recognizing that as the nurse, I may be spending a little bit more time with these patients and perhaps providing more in-depth care vs a patient that may seem “normal” or not have these psychiatric disorders. Additionally, learning more about the specific disorders will enable me to provide better care as a nurse, as it will help me better understand the underlying physiology.