

Nyah Steele

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 feel that my participation in simulation this week went very well. I was actively involved in each scenario and took on my roles appropriately. When I had the opportunity to serve as the nurse, I gained valuable experience in caring for a patient with anxiety. Since many patients enter the hospital already experiencing some level of anxiety, I believe it is an essential skill to know how to effectively support and care for them.
- How did it go compared to what you expected it to be like?
 - I initially felt that the scenarios might be difficult since psychiatry has been more challenging for me, but once we began, I realized they were not as overwhelming as I expected. The scenarios were very engaging, and I actually enjoyed them more than anticipated. I also found that not using a mannequin made the experience feel more realistic and comfortable, which enhanced my learning.
- What went well? For me
 - While serving as the nurse, I felt confident in my actions once I had a clear understanding of the situation. I was able to respond appropriately and carry out the necessary interventions to address the patient's needs. I completed a thorough assessment, identified what was most important in the moment, and administered the correct medications as ordered. This experience helped reinforce my ability to stay focused, make safe clinical decisions, and provide effective patient-centered care
- What could have gone better?
 - I recognize that my therapeutic communication could have been stronger. Learning how to interact with complex patients is still new to me, and I am realizing how important it is to know what to say and how to say it. With these patients, it can be easy to unintentionally say something that may not be helpful, so developing the right approach is key. I see this as an area I need to continue practicing in order to build confidence and provide the best support for my patients
- Reflect on the scenario in which you were in the role of the patient or family member.
 - Being the patient experiencing alcohol withdrawal in simulation was a very eye-opening experience. It gave me a better understanding of how uncomfortable, vulnerable, and even fearful patients in this situation may feel. Acting out the physical symptoms and emotional distress helped me realize how overwhelming withdrawal can be, not only physically but also mentally. This perspective will

help me as a nurse to show more empathy, patience, and understanding when caring for patients going through withdrawal. It also highlighted the importance of therapeutic communication and nonjudgmental support in building trust and helping patients feel safe during such a difficult time.

- How did that experience affect you?
 - Being the patient in the alcohol withdrawal simulation did not affect me as much as I expected. While I understood the purpose of the scenario and the importance of recognizing the symptoms, it gave me some insight into how challenging withdrawal can be, and I can see the value of developing empathy for patients in these situations, even if the patient role itself wasn't as impactful for me.
- How this week impact the way you feel about your ability to use therapeutic communication?
 - As stated above, I feel that my therapeutic communication skills can be improved. At times, I wasn't fully confident in what to say or how to respond in a way that would best support the patient. I recognize that communication is a key part of building trust and helping patients feel understood, especially in psychiatric and high-stress situations. With more practice, I hope to strengthen my ability to listen actively, respond empathetically, and choose words that provide comfort and reassurance.
- Did this week change the way you think about mental health? If so, how?
 - This week really opened my eyes to patients with mental health needs and reminded me of the importance of simply being kind. I will carry that lesson with me as I begin my nursing career, because kindness and empathy can make a meaningful difference for patients who may already feel vulnerable or misunderstood.
- How will you use the knowledge gained from this experience in your practice as a registered nurse?
 - This experience changed the way I think about mental health by showing me how complex it can be and how much patience, understanding, and therapeutic communication are required to provide effective care. It reinforced that mental health is just as important as physical health, and as a nurse, I need to approach these patients without judgment and with genuine compassion.