

PETER NGUYEN

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.
- How did it go compared to what you expected it to be like?
- What went well?
- What could have gone better?
- Reflect on the scenario in which you were in the role of the patient or family member.

How did that experience affect you?

- How this week impact the way you feel about your ability to use therapeutic communication?
- Did this week change the way you think about mental health? If so, how?
- How will you use the knowledge gained from this experience in your practice as a registered nurse?

1. Although we have not covered all the conditions of every patient in the scenarios, and I felt unprepared, I was still trying to learn for the exam, but also for my future patients.
2. I believe that the scenarios went well. I thought that it was going to be just me and the mannequin, but the real patient made the scenario a lot easier and less awkward to work with. If it were just a mannequin, I feel like it would have been a little harder to focus on the assessments and communication.
3. What went well was practicing the therapeutic communication and doing the 7 rights and safe medication administration.
4. What could have gone better was if I had asked when the patient's last drink was. If I had done this, I would have gotten a better timeline or gauge on the withdrawal symptoms and the timing of the symptoms.
5. When I was a patient with PTSD, I was able to better understand somewhat what PTSD patients go through. Having to reenact what these patients might go through is a good way to, in a sense, get "experiential empathy," although it was just acting. This would make therapeutic communication much more effective in caring for patients, but also help the nurse to relate to or understand the patient and where they are coming from.
6. This week impacted the way I feel about using therapeutic communication from realizing that as long as I first see the dignity of every patient and understand that we all have our struggles, then I can communicate with them; however, the moment that I begin to look at them through a superficial lens, that is when communication gets hard. When I approach other people with the understanding that I can relate to them in the sense that I have my own struggles, it makes talking to them a lot easier since there is something we both relate to.
7. This week changed the way I thought about mental health by seeing the more internal struggles of those who have mental illness.
8. I will use the knowledge gained from this experience into practice as an RN by using the tips that Dr. Harrison gave for each specific patient with different problems. This would, in turn, make my nursing care more efficient as well as patient-centered.