

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 positive about going to the Psych simulation at Texas Tech this week. I was both excited and grateful for this opportunity because it gives me a safe space to practice communication skills, therapeutic presence, and critical thinking without the fear of making a mistake on a real patients. I enjoyed being able to step into realistic scenarios that helped prepare me for future clinical experiences and experiences that I might come across in the hospital setting.
- How did it go compared to what you expected it to be like?
I expected to feel more anxiety during the experience. However, I actually felt less anxious, possibly because I was able to interact with classmates acting as my patients instead of mannequins. Being in a different environment made it feel more natural and helped me feel more at ease.
- What went well?
Overall, the experience went well and helped me better connect what I have learned in the classroom to real-life application. It allowed me to interpret that knowledge in a hospital setting, making the concepts feel more practical and meaningful.
- What could have gone better?
In my scenario, I realized that my therapeutic communication could have been stronger. This experience helped me recognize that this is an area that I need to continue developing and improving.
- Reflect on the scenario in which you were in the role of the patient or family member. How did that experience affect you?
The scenario I had involved caring for a PTSD patient who was a war veteran. This connected with me on a personal level because my fiancé also struggled with PTSD, as he served in the Marines. It reminded me how real and widespread mental illness is, and how many people face these challenges every day.
- How this week impact the way you feel about your ability to use therapeutic communication?
This week, being in SIM helped me develop stronger therapeutic communication skills and showed me ways I can continue applying them as I move forward in both my schooling and future nursing career. As I explained in debrief to Dr. Harrison, using therapeutic communication is harder than what it seems.
- Did this week change the way you think about mental health? If so, how?
This week did not change the way I view mental health. Growing up, I witnessed and experienced struggled within my own family, which has given me a strong understanding of mental illness. However, I am grateful that, as nursing students, we

are given the opportunity to learn about mental health and see how it affects patients. It is a true medical condition that often goes unnoticed, and I believe it is important that we are being taught to recognize and address it.

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

Having this experience gave me confidence in my ability to stay calm, empathetic, and stay professional in challenging situations, which made me feel proud of my growth as a nursing student.