

## 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 did 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?

For me, this simulation was one of the best. I feel I took away more from working with my peers and knowing how to educate on medication for each diagnosis. This experience was a little easier than I thought. Although, there were times when it was a little uneasy, it was good to practice with our partner, so we know what to expect when we get out in the field. I really cannot say there is anything that could have gone better. The scenarios were detailed, and each gave us a great opportunity to see and work with patients dealing with their personal struggles. My role as the patient was a great opportunity to experience how these patients deal with their obsession-compulsive disorders. I cannot imagine feeling the overwhelming sense of having to repeat certain tasks in order to function on a daily basis. It gave me more perspective in how to provide comfort and other therapeutic ways to derail the patients focus on something else. This week was a great reminder that there are many people who deal with depression, and can hide it in so many ways. This week taught me to show more compassion and be very patient with those who are struggling with things that sometimes medications cannot fix. Also, just sitting and chatting with patients and letting them express their feelings was an eye opener for me. We can be taught these symptoms from books, but it does not give the same effect as to hearing a person sharing their struggles. I know that this clinical experience will forever remind me that mental health is truly important and often neglected by other people in the world and sometimes even healthcare professionals. I need to always remember that I can provide a positive impact for these patients just by taking the time to listen. I always hear people say, "If only I would have listened, it could have" and I do not want to be one of those people, in or outside of work, I want to make sure I carry myself well and be there for anyone who is need.