

PHM Simulation Reflection [Megan Alonzo]

Describe your feelings about your participation in the simulations this week. My feelings about this week are actually really good. I feel like this simulation gave us a moment to slow down and actually acknowledge our patients.

How did it go compared to what you expected it to be like? I get nervous before every SIM. I was nervous about how we would need to interact with the patient and how the patient was going to act. I think it went a lot better than I thought. It was still difficult at times to find the right words to give them sometimes, but I think that makes us think about what we SHOULD say in those moments.

What went well? I think we had a good little actress on our hands with Bre. She really played into the characteristics of her character as a patient. I think she did a great job keeping the nurses on their feet, and I think they handled it beautifully. She was a difficult patient and that can be really easy to get caught up in and hard to get out of.

What could have gone better? There are things about my own personal performance I think could have been better, but as far as the simulation experience I think it was very well rounded while also focusing on the important learning aspect of the experience.

Reflect on the scenario in which you were in the role of the patient or family member. How did that experience affect you? Our patients did not have family members at bedside, so I didn't get to play that role. I also opted out of being the patient and chose to be the nurse role twice.

How did this week impact the way you feel about your ability to use therapeutic communication? I believe this week's simulation will be one that I will use throughout my career as a nurse. Being able to communicate with these people while they are in a vulnerable and distressed state and potentially helping these patients feel comforted and heard makes so much more of a difference than I think most people realize. I always think of the scenario (while not anywhere near as upsetting) when you're talking to a group of people and no one is listening to you, and you are searching for everyone's eyes trying to see if anyone is listening and no one is so you just slowly stop talking. It's sad and hurtful. But in that same situation while you're searching for someone's eyes, you find that one person who is looking right at you is listening to you. It just makes you feel good. I want to be those eyes and ears for my patients.

Did this week change the way you think about mental health? If so, how? I have very vast and personal experience with mental health. What this experience did for me was help me understand how to better help not only my patients but even my own family, my own child even. It also showed me the other end of things and how they work from the professional side of things.

How will you use the knowledge gained from this experience in your practice as a registered nurse? I will always be using the I see, you seem, tell me and choosing other words besides calm down, not real, or crazy in my daily life. I never realized until now how often i say things are crazy or feel or seem crazy until this module.