

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 like I did well in participating in the clinical this week. Now as for when I was a nurse, I tried to really practice my therapeutic communication in the scenario. I feel like I haven't had many opportunities to practice it, so I wanted to use the methods that were explained to us. I'm normally not a talkative person in general, but I tried to communicate with the patient and help her through this stressful time.
- How did it go compared to what you expected it to be like?
I thought that it was going to be very similar to the simulation scenarios that we have had for the last 2 modules, but I was very wrong. In the previous ones, we were assigned a patient scenario and had days to prepare, we also talked to a mannequin. This one was very different since we were not assigned a patient and talked to an actual person. It made it feel very different, and scenarios could go very different depending on who is acting as a patient. Afterwards I realized I had no reason to be as stressed as I was and it was a very fun and informative learning experience.
- What went well?
I think that my therapeutic communication was a lot better than I thought. Thankfully, my classmate that was playing the patient was very performative and it let me practice my therapeutic on a patient that reacts to me like an actual person. There was also a moment where something that was not supposed to be part of the scenario caused the patient to have a very fearful reaction to a loud noise and I feel like I handled that moment very well.
- What could have gone better?
I feel like I could have used better vocabulary. As we discussed in debrief, the use of the term "calm down" was not the best choice of words. I also did not react to the patients request of coffee or an energy drink appropriately, she kept repeating it so I knew it was important, but I could not think about what to say or do and it did not occur to me to offer a replacement beverage.
- Reflect on the scenario in which you were in the role of the patient or family member. How did that experience affect you?
When I was a patient, I tried to act like how a patient would when agitated that he couldn't get a cigarette so that my classmates could get a better experience, but they did very well in recommending the nicotine inhaler and answering any questions I had.

But I also saw how some nurse interactions can affect the patient. Having both the nurse just standing in front of me and almost over me when I was sat down, could be intimidating to a patient. I see why sitting down and eye level with the patients can help a lot.

- How this week impact the way you feel about your ability to use therapeutic communication?

I feel far more confident in my therapeutic communication. It was the first time my communication was very important in a simulation scenario. This led me to trying things I have not before this week.

- Did this week change the way you think about mental health? If so, how?

Yes, I realize how stigmatized mental health is to the general public. While I still have only been in a simulated scenario and have not had any interactions with a patient who has mental illness, I think seeing this showed me that I needed to change how I think how I would approach this patient population and how I would communicate with them, especially the vocabulary that I should use.

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

I will be more open and talkative with my patients. I see how in this stressful time, just talking to a person who is actively listening and cares can help so much