

PMH Simulation Reflection

- **Describe your feelings about your participation in the simulations this week.** I enjoyed participating in sim this week. Its always fun to do a little acting.
- **How did it go compared to what you expected it to be like?**
This simulation surprised me. I didn't think that I would enjoy it as much. Personally, I felt more engaged than previous simulations.
- **What went well?** Not knowing which patient, we would have prior to the simulation went well. This style caused me to really be in the moment versus a pre-planned script. We had to take the time to actively listen and react based on the patient's current state and needs. Also, we were open to making more mistakes. When I have time to prepare, I don't feel I make many mistakes because I have practiced it. However, I don't feel that I have learned much. Without the pre-preparation I made a mistake by not collecting the consent form. This was a very helpful thing for me, because now I will never forget that as I tend to learn from my mistakes.
- **What could have gone better?** This experience was well put together in my opinion. I can't say anything needed to change.
- **Reflect on the scenario in which you were in the role of the patient or family member. How did that experience affect you?** As the patient I was able to place my self in that mind frame. To feel abandoned in a facility, or feel that my family didn't want to deal with me would be devastating. It's one thing to feel like no one understands you, but to not understand yourself either would cause me to feel depleted.
- **How this week impact the way you feel about your ability to use therapeutic communication?** After this week's simulation I fell at ease about going into oceans and using therapeutic communication. It's not that I felt uncomfortable talking to patients there, but I was worried about using the correct words. Telling a patient this will help you calm down, never seemed incorrect to me, but after seeing it from a different perspective, I will be sure to use the phrase feel better instead.
- **Did this week change the way you think about mental health? If so, how?**
I wouldn't say it changed the way i think about it, but it re-enforced my feelings toward patient's with mental health. I have personal experience with mental health with anxiety and depression. My thoughts remain the same that we need more awareness, and people who can take the time to provide holistic care for us without judgement.
- **How will you use the knowledge gained from this experience in your practice as a registered nurse?** I will remember to be mindful of the language and labels that I use when caring for my patients. I learned the difference in saying she's a schizophrenic versus she is a person who has schizophrenia.