

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.
The way I feel about my participation this week in sim is grateful. Overall, this simulation has taught me so much about communication with my patients, how to treat my patients, and how to make my patients feel safe. I feel that these 3 things are crucial to take good care of any patients, so I am glad I was able to practice this firsthand.
- How did it go compared to what you expected it to be like?
I feel that this simulation went very well for not only me, but for my entire group. I would not say that I had many expectations going in. It was more along the lines that I did not know what to expect. I have never really been in a situation where I was taking care of a patient with a mental health disorder, so I feel like my eyes were opened up to a new world.
- What went well?
Although I have no previous history with patients with these disorders, I feel it went very well. I feel most of us just want to be good nurses, and we want to show our patients lots of compassion. So, that part was not new to us in a way it kind of comes naturally. What was so good about it was the learning I got from it, and what to be aware of in the future.
- What could have gone better?
In my scenario specifically my patient was just extremely worried about how fast the medications were going to work. I personally did not know the answer. I did my medication sheet, but I guess that was just not something I looked for. I do feel it is important information, so next time I would just try to be more prepared for that.
- Reflect on the scenario in which you were in the role of the patient or family member. How did that experience affect you?
I was the patient for the scenario with PTSD. Reflecting on this is hard. You get to sort of see in the mindset of how these patients feel. In my patient specifically PTSD is a hard one. You want to do everything you can not to trigger your patient. Although, you can ask what their triggers are, sometimes they really don't know what they are. So, this affected me because I learned to be more mindful, be patient, and also be reassuring to my patient. At the end of the day, they just want someone to hear them out and not think they are "crazy".
- How this week impact the way you feel about your ability to use therapeutic communication?
I feel a lot more confident in my ability to use therapeutic communication. I am glad I had this simulation before I got to Oceans next week because I feel like I was given a

safe space to practice. Now with my practice I can take what I did good and take what I did bad and using the feedback I received I can use it next week to communicate.

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

I would not really say it changed the way I view mental health. I have always seen it as these patients are sick, and they need just as much help as any of my other patients.

What I will say it changed is how much more insight I received. Although I did not view it in a bad way I haven't got to take care of a patient with mental health disorders. So, I am glad I got more insight so when I do take care of this patient, I can see a little on what they might be thinking.

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

Like I have mentioned before I will just keep continuing to treat these patients just as I do any of my other patients. Sometimes I may give even a little more attention to these patients. I will also use the knowledge I gained with therapeutic communication through all my nursing career, and even sometimes in my personal life. Overall, I am grateful for this experience and for the knowledge I have gained.