

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 in total.

- Describe your feelings about your participation in the simulations this week.
 - I feel good about my participation in this week's simulation. I was pleasantly surprised by how well I handled my scenario, especially in using therapeutic communication and identifying extra resources that someone with anxiety might use.
- How did it go compared to what you expected it to be like?
 - I did not have specific expectations for this simulation since I was unsure of what it would involve. However, the experience went very well. It provided me with a clearer understanding of the care required for psychiatric patients and highlighted the importance of patience and empathy in that process.
- What went well?
 - Overall, I believe my scenario went well. My partner and I collaborated effectively by alternating communication with the patient and providing education on medications, consent, and available resources. I appreciate having the opportunity to gain experience with different psychiatric patient situations before beginning my clinical rotation at Oceans.
- What could have gone better?
 - I honestly wouldn't have wanted anything to go differently. However, I do recognize that there's still a lot of room for improvement in my therapeutic communication skills and in how I approach patients.
- Reflect on the scenario in which you were in the role of the patient or family member.
 - In this scenario, I played the role of a patient diagnosed with schizophrenia. The experience helped me understand that individuals with this condition often have many thoughts racing through their minds and may become easily agitated or irritable. As nurses, it is our responsibility to ensure that patients feel supported and understood by providing a safe, nonjudgmental environment where they feel comfortable expressing themselves. Many patients may hesitate to talk about the voices they hear because they fear being judged, so it's essential that we listen with empathy and compassion.
- How did that experience affect you?
 - This experience reminded me that, at the end of the day, every patient is a human being with feelings and deserves compassion and respect. I realized that some nurses may feel hesitant to care for psychiatric patients, viewing them as 'too much' or 'difficult.' However, this experience showed me that these patients can recognize when someone genuinely wants to help and listen to them. As nurses, it is our responsibility to care for all patients—regardless of their

diagnosis—with empathy, patience, and professionalism, because that is the commitment we made to our profession.

- How this week impacts the way you feel about your ability to use therapeutic communication?
 - This week's practice with therapeutic communication had a meaningful impact on me. I learned how to communicate effectively with psychiatric patients by asking appropriate, open-ended questions and avoiding the use of 'why' or closed-ended questions. Using techniques such as the 'You seem...' and 'Tell me more...' approach helped me maintain meaningful and therapeutic conversations with my patient.
- Did this week change the way you think about mental health? If so, how?
 - Yes, it did. I did not realize there were so many different ways to communicate, ask questions, and use specific assessment tools for psychiatric patients. This experience gave me a deeper understanding of these individuals—they are human beings with feelings just like everyone else, but they often require more time, patience, and empathy in their care. As nurses, we should never treat patients differently or judge them based on their diagnosis
- How will you use the knowledge gained from this experience in your practice as a registered nurse?
 - I will apply the knowledge gained from this week to my future nursing practice by continuing to use effective therapeutic communication and by remembering the appropriate questions to ask when caring for patients with specific mental health disorders. If I have the opportunity to mentor a new graduate nurse in the future, I will emphasize the importance of treating psychiatric patients with the same respect and compassion as any other patient. It is essential to know how to approach, communicate with, and care for them appropriately. Additionally, I will stress the importance of providing thorough reports—such as noting a patient's triggers or preferred way to be awakened—to ensure both patient safety and staff safety.