PMH Simulation Reflection

This week's PMH simulations were a great learning experience for me. Going into each scenario, I felt nervous and unsure what to expect since I had never interacted with patients experiencing a mental health crisis before. However, as the simulation continued, I became more comfortable and confident. I realized these patients just want to be treated like humans and that most of them are not trying to hurt others, they are simply struggling and often just want help or to feel seen or heard. That realization helped me shift my mindset and focus more on being empathetic and supportive.

In the scenario where I played the nurse caring for the patient with anxiety, I made an effort to maintain a calm and reassuring demeanor. I encouraged the patients to practice breathing and relaxation techniques to help them manage their anxiety symptoms. I felt that part went well. However, I also recognized that my communication could have been stronger. At times i struggled to find the right words or therapeutic responses, but i know that skill will come with more practice and exposure.

When i switched roles and acted as a patient withdrawing from alcohol, it gave me a completely different perspective. I was able to experience, even in a small way, the frustration, agitation, and vulnerability those patients often feel. It helped me understand why patients may be resistant to help and how important it is to approach them with patience, empathy, and no judgement.

These simulations had a big impact on how I view mental health and the stigma that often surrounds it. It reminded me that individuals facing these problems deserve the same compassion and respect as any other patient. This week strengthened my confidence in using therapeutic communication techniques and helped me recognize the importance of being an advocate for my future patients. Moving forward, I will carry these lessons into my nursing practice by focusing on empathy, safety, and genuine human connection in every interaction.