

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. By far this has been the best simulation I have attended. I didn't know what to expect. But I did learn a lot about four different mental diagnosis that I wouldn't know if I didn't experience in this simulation. I do feel that I learned from it and how to approach patients in these situations. I learned not to be bias and some of these people just need help and as nurses we need to understand a bit of what they are going through and to find help and resources where they can get the help that they appropriately need. Not only for them but for family members so they can understand and know how to help their loved ones when they are having their problems.
- How did it go compared to what you expected it to be like? I know that it was better than what I expected. As I said above in the comments, I learned a lot about teamwork and how important it is for a patient having to go through a disorder that we have never encountered. It is important to know the signs and symptoms and come up with a plans and goals to help the patient feel better and get them back to a normal stable life.
- What went well? What went well was the teamwork of the groups we split into and just learning of approaches of handling someone that has these disorders. I feel that we talked and came up with a game plan on how to handle and how to approach these patients. The explanations from our instructor helped a lot and the advice on how to approach a patient and how to involve family and just how to think of small things that we can share to help the patient really helped as well.
- What could have gone better? I really did not have a complaint of anything! Everything went well. The set up and experience all went well.
- Reflect on the scenario in which you were in the role of the patient or family member. How did that experience affect you? I didn't play a role of a patient or family member but the scenario that really got to me was the patient with schizophrenia. I can just imagine how difficult it would be to be in their situation. I can imagine how hard it is would be trying to explain repeatedly how you feel and what you are going through. Especially if you have told your family members already and they may make the person hopeless, being judged and shameless.
- How this week impact the way you feel about your ability to use therapeutic communication? I feel again that a person shouldn't be judged if we do not know what a person is really going through. I know I learned with different patients, we as nurses need to communicate and know how a patient needs to be approached especially in this sort of situations with mental disorders
- Did this week change the way you think about mental health? If so, how? Yes, tremendously. Like I mentioned in class, I grew up in an era that I rarely saw or had

heard of these kinds of disorders. I know now that this is more common now a days, and these people do not do it to get attention. They do have these feeling and voices that do talk to them.

- How will you use the knowledge gained from this experience in your practice as a registered nurse? I will be careful to find everything about the patient first and their cultural beliefs and be careful how I will approach a person with these types of disorders.