

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.
- How did it go compared to what you expected it to be like?
- What went well?
- What could have gone better?
- Reflect on the scenario in which you were in the role of the patient or family member. How did that experience affect you?
- How this week impact the way you feel about your ability to use therapeutic communication?
- Did this week change the way you think about mental health? If so, how?
- How will you use the knowledge gained from this experience in your practice as a registered nurse?

The SIM experience was very powerful, opening my eyes to unconscious biases that I may have had and even though I have good intentions, wording matters for patients, especially with site conditions. It went better than I assumed. I was a bit nervous coming into it just because I've never experienced or dealt with a psychiatric patient, but it was very educational and I would recommend that everyone in the health field do it. I love being the patient as well as the nurse because I gave you an insight on how the patient may be feeling in the moment and also how you should treat psychiatric patient at the hospital. being the patient put in to perspective how hard it may be for patients to articulate what they're feeling, especially if they don't have previous knowledge on the symptoms that they may be feeling. this same lab has encouraged me to use therapeutic communication more within my day-to-day lives and as well as when I'm in the hospital. This week definitely changed the way I see psych. now I see psych patients as people and I see their diagnosis as only diagnosis and not who they are and what they want to be. with this new found knowledge that I have I will continue to use my therapeutic communications in every setting that I'm in so that I can make my patient feel safe and heard as well as in my day-to-day life so that I can communicate empathy to family members and friends.