

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.
 - Overall I had a great time in SIM lab prior to going in I knew I wasn't the best at patient communication especially when the scenario is more serious or more comforting sometimes, I really don't know what to say in those situations but I'm glad I got to work on this
- How did it go compared to what you expected it to be like?
 - Personally I thought it was going to be more so of caring for a combative patient with symptoms of this although it kind of was I'm glad that it focused more on the therapeutic communication so that I was able to tend to the patient and talk to them as I would talk to any other patient.
- What went well?
 - I enjoyed getting out of my comfort zone and using different ways of communication to acknowledge and treat my patient.
- What could have gone better?
 - Honestly for this scenario I really don't think anything could have gone better or worse I felt like it was good.
- Reflect on the scenario in which you were in the role of the patient or family member. How did that experience affect you?
 - It was actually kind of hard getting the words to say to the patient without triggering or making them feel belittled and being more patient and understanding with them but it also gave me a better understanding on how to communicate with psychiatric patients.
- How this week impact the way you feel about your ability to use therapeutic communication?
 - I feel better especially going into the role as a new grad nurse I now can use different techniques to help with communication and possibly get my patients to trust me more.
- Did this week change the way you think about mental health? If so, how?
 - It changed my perspective on mental health like I said in class I assumed that a lot of psychiatric patients were pretty much the ones that were in the asylums but that is not definitely true psychiatric mental disorders is a disease and it can affect anyone no matter what you look like.
- How will you use the knowledge gained from this experience in your practice as a registered nurse?

- I will be calmer and more supportive to my patients especially when they are having episodes and they feel as no one is there for them or they have no support I will be that extra support.