

- Participating in the simulation involving a patient with PTSD and anxiety was oddly scary but very rewarding at the same time. It allowed me to better understand the emotional and psychological challenges individuals with these conditions face, while also helping me develop empathy and effective communication skills. I enjoyed practicing therapeutic techniques, such as active listening and providing reassurance, while on the other hand also learning what's not therapeutic. I was made aware of how my tone, body language, and responses can impact a patient's comfort and trust. Overall, the simulation was an insightful and meaningful learning opportunity that strengthened my confidence in supporting patients with mental health needs.
- The simulation went as I would've expected it to go. I especially like the amount of time Mrs. Harrison took to explain the process and expected outcomes. I am not sure if this was intentional, but I did feel a lot more confident going into my scenario.
- I especially like to have this simulation so close when we covered this material in class because I believe it helped put into action what we learned in lecture. In my opinion, our therapeutic communication went well.
- One thing I would like to improve on is coming up with alternative options for when a patient is wanting to do something that is not allowed, not encouraged or out of my control. For example, my patient was upset because she said her "family abandoned her at the hospital and she didn't want to be alone", it was hard for me to think of something to offer as an alternative or option for the patient.
- Seeing my classmates play the role of a patient was extremely helpful and eye-opening to me even as just an observer. I realized that a psychiatric patient is in an exceptionally vulnerable position, both emotionally and physically. We know the patient still has their "autonomy", but they may feel like they surrender much of it. The nurse then becomes the patient's primary point of contact. This made me realize a enormous of responsibility falls on the nurse. Some of the skills needed to be an effective and beneficial nurse in this area of work will take time to master but these skills can make or break a psychiatric patient's mental state. I know as a patient we were acting but it was easy to see how easily the Nurse becomes a key part in the patient's treatment.
- We can talk and hear lectures all day long about how as a Nurse we should use therapeutic communication, but it's a different world when we are put in a situation to use these skills. It gave me a deeper sense of empathy and helped me appreciate the importance of patience, compassion, and active listening in mental health care. This experience also improved my self-awareness, as I learned how body language, tone and words can influence communication between patients and healthcare providers. Again, overall, the simulation was beneficial in shaping my understanding of mental health from the patient's perspective and will help me provide more compassionate care in the future as a Registered Nurse.