

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 did 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?

At the beginning of the simulation, I felt confident going into the scenario and was prepared for what I thought would happen. However, as the situation progressed, I started to feel more nervous and flustered, especially when I wasn't sure how to respond therapeutically to my patient. I became overwhelmed at times, but once the scenario was completed, I felt relieved and proud that we had worked through it.

The assessments and medication pass went as I expected, and I felt comfortable with those skills. What threw me off was when the patient became agitated and showed anger toward us. I wasn't prepared for that reaction, and when the patient began to cry, I felt unsure of how to comfort them appropriately. Looking back, I think my therapeutic communication and body language could have been better. I realized how important it is to remain calm, empathetic, and present in these emotional situations.

In one of the scenarios, I played the role of the patient. I struggled at first because I wanted to accurately portray someone with PTSD, and it was a challenging role. Even though I didn't feel like I was doing well, my classmates said I did great, which was encouraging. This experience helped me better understand how vulnerable patients may feel and how much our words, tone, and presence matter.

After this week's simulation, I feel more confident in my therapeutic communication skills and my ability to support patients in difficult emotional situations. I learned that mental health is just as important as physical health, and the two are deeply connected. Caring for a patient's mental health can affect their physical outcomes and overall healing.

Going forward, I plan to use therapeutic phrases like "You seem..." or "Tell me about..." to better understand my patients' feelings and experiences. I learned that empathy can go a long way in making patients feel seen, heard, and cared for. This simulation reminded me that mental health impacts everything we do — as nurses and as people — and I will carry that with me into my nursing practice.