

## PMH Simulation Reflection

The SIM experience was overall a great opportunity that I found both engaging and beneficial to my growth as a future nurse. The different scenarios allowed me to put my classroom knowledge into practice and helped me build confidence in my ability to use critical thinking, therapeutic communication, and empathy with patients. Dr. Harrison was very open and transparent about what she expected from us and what she wanted us to gain from the simulation. Her clear communication helped set the tone for a meaningful learning experience. Even though some of the scenarios involved conditions or diseases we haven't learned about in the classroom yet, they were still realistic and valuable. I realized that even without full content knowledge, it is possible to use empathy, observation, and communication to provide safe and effective care.

One of the biggest takeaways from this experience was understanding that every patient experiences some degree of anxiety, no matter their diagnosis or situation. As nurses, we must recognize this and learn how to adapt our approach to each patient's emotional and mental state. The simulation taught me how important it is to not only provide physical care but also address the emotional and psychological needs of each patient to build trust and promote healing.

Playing the role of a schizophrenic patient was particularly eye-opening. It was challenging to act realistically, but it gave me a new perspective on what individuals with schizophrenia may feel and how essential it is for nurses to respond with compassion and understanding. It helped me see how therapeutic communication, patience, and empathy can make a significant difference in how these patients experience care.

Overall, this experience has greatly impacted how I view mental health in nursing practice. It reinforced that mental health care should be a priority for all patients, not just those with psychiatric diagnoses. Too often, mental health is overlooked or minimized in healthcare settings, but this experience reminded me that true quality care involves treating the whole person—mind and body. Moving forward, I plan to use these lessons in every patient interaction to provide more empathetic, patient-centered care.