

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.

At first, I was nervous since I never know what to expect from a scenario. However, I felt more reassured during prebrief and having an opportunity to discuss the disorder connected to the scenario beforehand. Portraying a patient and watching other scenarios increased my reassurance, helping me to feel more prepared as a nurse in my scenario.

- How did it go compared to what you expected it to be like?

My turn as the nurse went better than expected. I was used to having to think more critically during a scenario than therapeutic communication, so it was interesting to experience a case that was a bit different.

- What went well?

I felt that utilizing therapeutic communication during my scenario went well. I was comfortable with listening to the patient and providing coping techniques that would help as they dealt with hallucinations.

- What could have gone better?

Although I felt comfortable integrating therapeutic communication in my care, I feel that I could have done better in orienting my patient to reality. I did not do as much orienting as my partner due to feeling concerned that the patient may end up feeling frustrated instead of reassured.

- Reflect on the scenario in which you were in the role of the patient or family member. How did that experience affect you?

As someone with mild anxiety, I strongly related to the patient I portrayed in that scenario. I understand what it is like experiencing chest tightness and feeling that something bad is about to happen. The nurses demonstrated that they cared and made efforts to help me cope by having me tell them how I felt and providing coping techniques such as deep breathing. Getting to be cared for in that scenario and connecting it with my own experience with anxiety helped me understand just how important therapeutic communication is to nursing care.

- How this week impact the way you feel about your ability to use therapeutic communication?

This week helped me to realize that I should consistently work to strengthen my therapeutic communication. I still get tempted to ask “why” questions at times, so I need to be more conscious to avoid asking those types of questions and instead use words that are beneficial to the patient and their feelings.

- Did this week change the way you think about mental health? If so, how?

I already felt strongly about mental health, but this week helped to further understand how it deserves equal attention with physical health.

- How will you use the knowledge gained from this experience in your practice as a registered nurse?

Once I am a registered nurse, I will consistently work on developing therapeutic communication with all patients. Nurses care for the whole patient, and it is often easy to focus more on the physical aspects of health over mental. As a nurse, I want to ensure that I can speak therapeutically to all of my patients, especially those dealing with mental health struggles.