

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 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?

This weeks simulation was a unique one. I was impressed that the focus was more about the persons thoughts and feelings rather than just their medical condition in itself. Before SIM, I was quite nervous because I was not sure how I could take care of a mental health patient, but now that we have completed the scenarios, I feel much more confident. I think that practicing therapeutic communication went really well. Having the opportunity to stop and think about the best thing to say to my patient in their time of need was good for my learning experience and for the care of my future patients. I think that being the nurse on the second day could have given me the opportunity to communicate with my patient better because I would have had a better idea of what to actually expect, but overall I still think that I communicated well and addressed the situation professionally.

I was the role of the patient with obsessive compulsive disorder. Playing this role opened my eyes to how stressful this disorder can be and the impact that it can cause on one's daily life. I can be a germaphobe at times, which I jokingly say is "my OCD," but it is nowhere near as bad as this patient's situation. This just goes to show that we really do desensitize ourselves to other people's struggles without even realizing it.

This week has taught me that people can be going through things that are not always visible to the eye. Just because someone looks fine, does not mean they are fine. Also, just because someone is acting "out of the norm" does not mean that they are not normal human beings. We are all just people trying our best, and sometimes that means that we need a little extra help like meditation and therapy. Moving forward, I will continue to utilize therapeutic communication throughout my practice and make sure that my patients are feeling heard and are aware that I truly care for them and want to help them, and I will remember that mental health is physical health!