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.

  I was the nurse for 2 scenarios where I took care of a patient who was extremely anxious and a schizophrenic patient. Going into these simulations, I was feeling excited and nervous. I knew therapeutic communication would be a big thing I needed to focus on, but I didn't realize how emotionally engaging it would be. Once the scenarios began, I realized how important my tone, facial expressions, and body language were in helping patients feel safe and understood.

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

  I feel like the simulations went better than I expected overall. I was able to ask the Hamilton anxiety scale to the anxious patient and then give them a med to help calm them down. I tried to maintain a calm presence, using active listening, and validating their feelings. With the patient experiencing schizophrenia, I found to be a lot more difficult. I tried to acknowledge their experiences without reinforcing delusions.

- What went well?

  I feel like for the most part my scenarios went well. I was able to establish a calm environment with my patient, maintain good eye contact and try and help them the best I could. I was able to use the scales to see what I was going to do to help them, I tried non-pharmacological things to help them feel better, and I was able to call the doctor and get the appropriate medication for the patients.

- What could have gone better?

  I think I could compose my face more in these scenarios. It is harder because its in a sim settings and I'm practicing with people I know but facial expression is a big thing for patients and I would never want to make a patient feel bad because of my facial expression. I also can work on my words. I did ask "why" a few times and I asked my anxious patient why they were sad when they weren't.

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

  From these scenarios I can see how vulnerable individuals feel when they are struggling with their mental health. Experiencing that helplessness helped me understand the importance of patience, being there for them, and nonverbal communication. It reminded me that even small gestures of kindness can make a significant difference to someone who might feel misunderstood or fearful.

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

  This week has made me feel more confident with my therapeutic communication. I still need to work on wording and remembering not to say certain words that aren't helpful but I think in all I feel a lot better with it. I'm interested to see how I feel in a hospital setting and if I'm able to react faster after this week.

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

  I don't think I changed the way I think about mental health but it showed just how much patience the patients need, how important body language is and how some words are beneficial but some can make things worse.

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

  I think this experience will really help me in my future as a nurse because it helped me see how important therapeutic communication is. Our job isn't just give mediation to the patient and move on. I want to be a nurse that actively listens, has empathy and helps the patient in every area that I can.