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.
    - Sim is always fun and I enjoy participating in the scenarios. The high fidelity scenarios are definitely helpful for clinical practice and help us have an idea on how to handle different situations.
- How did it go compared to what you expected it to be like?
    - I really wasn't sure what to expect with it being a psych simulation. I didn't have low expectations, Id say they were neutral. It was very interactive and easy to be interested in.
- What went well?
    - I think learning and really getting a grasp on therapeutic communication went really well. Even with our classmates being the patient, we still don't know what to expect out of them so having to think fast with an appropriate response was good practice
- What could have gone better?
    - I really don't think anything could've gone better. The scenarios, timing, and discussion were all very helpful, interactive, and easy to participate in.
- Reflect on the scenario in which you were in the role of the patient or family member. How did that experience affect you?
    - I was the patient in the anxiety scenario. As someone who has had severe anxiety in the past, I know first hand how hard it can be for others to understand. I know how it feels to be swept under the rug or having others think I am overexaggerating with how severe it feels. Having nurses who believed how I felt from the beginning was very comforting. It really made me realize how important the littlest acts are to make the patient feel safe and heard. When my nurses sat with me and were willing to do anything to help calm my anxiety, it was an experienced I wish I could have had in real life.
- How this week impact the way you feel about your ability to use therapeutic communication?
    - I have no doubt my therapeutic communication is better and I feel more confident in knowing how to speak to a patient appropriately. Saying the wrong thing can happen so fast, learning how to use this type of communication is very important for this field no matter the specialty.
- Did this week change the way you think about mental health? If so, how?
    - Ive always had empathy for mental health as someone who has suffered with bad mental health in the past but now I have even more of an insight of how

different disorders can affect peoples daily lives and thoughts. Its easy to look at someone screaming randomly and think they are just on drugs or plain weird but now I will see that person and hope they can get the help and support they need to live with their disorder. I also feel confident in sharing my knowledge to others about mental health to try and decrease the stigma towards certain disorders and remind them that these people are human beings.

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

  - I will always remember to look at my patient as a human being before anything else. I will remember to look into history to see if I can further understand my patient and treat them in a way thats est for them. I will also try to remind my coworkers to remain kind and with empathy for all patients.