

Colby Lynn

PMH Simulation Reflection

I was unsure of how to feel going into simulation this week. After this experience, I feel very positive about the simulation activities. I feel that the experience went a lot better than I had initially thought it would go. I was very nervous because I have not had very many experiences with psych patients other than in my family life. Throughout the simulation experiences, I felt more comfortable than I thought I would feel. I appreciated being able to observe other students' simulation experiences as well. It is nice to be in a safe environment where we can openly discuss our struggles and where we are making progress towards clinical practice.

During this simulation experience, I was able to participate in the role of a patient who was going through withdrawal from alcohol. This was an interesting experience because it helps you understand more how a person in this situation is feeling. It opens your eyes to their pain and what they may be feeling mentally. It is more than just physical symptoms. As the nurse, we must investigate what led them to this position so that we may help them move past it.

This week, I feel that I made gains towards improved therapeutic communication. I have been able to have good communication with patients due to my previous experience. I have learned that different patients require a different approach. Especially when dealing with a patient with a psychiatric disorder, there are many other aspects to consider. Being in an acute care situation can exacerbate the need for this type of communication as well.

Mental health is important to me, but this week has opened my eyes even more. As humans, we tend to be caring to those we love that struggle with mental health, but when dealing with a patient who needs our aid, my mindset changes. When I was in the role of the nurse, I felt a great need to help the patient and to understand their point of view. When I think of my future practice, I do feel more prepared to care for a patient who is in a mental health crisis. I feel like I can understand more how these patients need to be spoken to. There needs to be kindness and understanding that is always free of judgment.