

## 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 nervous before the simulation this week because I was unsure how I would be interacting with patients in a way that would be therapeutic for them and having to assess based on scoring sheets to determine medication/intervention needed for the patient. After my two days participating in sim, I felt a lot more confident and left with a greater understanding of the importance of mental health and how to be a better nurse and provide better care.
- **How did it go compared to what you expected it to be like?**
  - At first, I was expecting to do horrible and completely forget how to even administer medication however, I truly feel like talking about each scenario beforehand helped ground me and remind me of how to better care for these patients and as a result I left simulation with an even greater understanding but also enjoying the sim experience with my peers by critiquing and encouraging one another.
- **What went well?**
  - I think what went well for my experiences was being able to recognize interventions for my patients based on their symptoms/desires. I loved being able to help my patients feel better, safe and heard during their care.
- **What could have gone better?**
  - I believe that in my scenario with the schizophrenia patient, I was too focused on providing therapeutic communication, finding the right words to say and recognizing the underlying feelings of the patient that I could not contain my facial expression when I had no idea how to proceed with caring for the patient or communicating with the patient.
- **Reflect on the scenario in which you were in the role of the patient or family member. How did that experience affect you?**
  - I unfortunately did not get to play the role of the patient or family member; however, I believe that being able to have put myself in the situations that my patients must undergo on the daily would've given me a better understanding of their struggles and concerns. I also believe it would have helped me understand their fears of not only being in the hospital but dealing with stressors that lead them to come to the hospital and that interfere with their daily routines.
- **How this week impact the way you feel about your ability to use therapeutic communication?**

- I truly feel as though I have more confidence in my ability to use therapeutic communication and truly feel confident about being able to apply it in clinical situations.
- **Did this week change the way you think about mental health? If so, how?**
  - This week truly changed the way I feel about mental health; I came from a household that doesn't really believe or know much about mental health and being able to understand situations that these individuals can come across gave me a deeper knowledge that I know I will take with me throughout my life. I truly believe I will be able to help those who struggle with mental health feel heard and helped.
- **How will you use the knowledge gained from this experience in your practice as a registered nurse?**
  - I will take my knowledge of therapeutic communication and hope to apply it as I continue my nursing career and even with my personal life. I also believe that having furthered my knowledge on mental health and the struggles that could arise, I will be able to provide better care to patients who are struggling with mental health and are being neglected instead of heard.