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?

I was happy with my participation in SIM. I volunteered to be a patient, which is something I normally don't do. I thought that by putting myself in the patient's perspective that it would help me understand what they are experiencing when they are in the hospital. I think I did come away with an increased knowledge and empathy for these patients, so I am please with myself for doing so.

I was nervous coming into this simulation. I had very little exposure with psych patients prior to this module. I think I was nervous I was going to be dealing with the worst of the worst mental healthy disorders in their worst states. I pictured myself having to care for someone screaming, throwing things, aggressive behaviors, etc. I did realize that these patients can have crises and do in fact get to that point, but many of them are coming in and behaving in a calmer more manageable manner. They are normal people who are dealing with feelings, symptoms and pain that they cannot control or get a handle on on their own.

I was pleased to see that I could communicate with my patient in a therapeutic manner. It may have been awkward at times, as I needed a minute to sit and verify with myself that what I was about to say was appropriate. I really needed a place to practice this skill in a real life scenario and I think I really benefited from it.

As I stated above, I think playing the role of the patient helped me understand treatment from their point of view. These patient's are dealing with a number of physically and psychological issues, and then they have to deal with nurses and medical staff multiples times a day. I can see how that may be overwhelming and overstimulating to them, and maybe that is why they get to those outwardly outburst situations.

I think I made great progress in my ability to utilize therapeutic communication. Breaking the habit of asking why was a challenge for me. However, the "I see, you seem, tell me" prompt was extremely helpful in getting the vital information I needed from my patient without seeming accusatory or judgmental.

This week has changed my point of view of mental health. I have a degree is psychology so I have learned about many of these mental disabilities and abnormalities before. However, learning about the condition in a classroom versus experiencing how they are actually presenting in a hospital setting was a great experience. Again, you immediately think of the worst case scenarios, the worst behaviors, the worst patients; and that is normally not the norm.

As i practice as an RN, I know that I will remember and utilize many of the skills presented to me during this module. The "I see, You seem, Tell me" prompt will come in handy for any patient, not just psych patients. I can also see myself using the "tell me what you need from me" prompt as well. I think that is a great way to not only create a comforting relationship with your patient, but an opportunity to hear what the patient themselves need from you. Not the Dr or other medical staff telling you what the from that patient.