

Victoria Ramirez

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.
 - My feelings at the beginning of the simulation were nervousness and apprehension due to not having much experience with psych patients. I was unsure how I would perform during my scenario. However, by the end of the simulations, I was feeling much more confident and prepared for my rotations at Oceans.
- How did it go compared to what you expected it to be like?
 - I was unsure what to expect, but I would say I learned much more than I had expected. I had an idea of what anxiety, PTSD, and schizophrenia were, but it was different seeing them demonstrated in simulation, and I learned much more about these disorders.
- What went well?
 - Therapeutic communication went well. It was challenging and somewhat uncomfortable, but overall, I think it went well.
- What could have gone better?
 - Confidence in what could have been better. Due to the nerves of being afraid of saying something wrong, this affected my confidence. Additionally, I should have done better at addressing the patient's anxiety, despite that not being her admitting diagnosis.
- Reflect on the scenario in which you were in the role of the patient or family member. How did that experience affect you?
 - If I were to have been the patient with schizophrenia, I probably would have been fearful and scared of the idea of having to visualize a demon. I also would have been overwhelmed by the distraction of the demon while having to answer the questions from the nurses.
- How this week impact the way you feel about your ability to use therapeutic communication?
 - This week helped my confidence when using therapeutic communication. I am very appreciative of this simulation before Oceans. It gave me an understanding of what to potentially expect and how to handle uncomfortable situations that may arise.
- Did this week change the way you think about mental health? If so, how?

- It did, it helped me gain more empathy towards those with mental health problems. For instance, I had no idea that those with schizophrenia were aware of when they are having hallucinations, and that has to be very frightening.
- How will you use the knowledge gained from this experience in your practice as a registered nurse?
 - I will use the knowledge I gained today as a future RN by always checking in on those with mental health conditions. I will be sure to prioritize those with mental health problems based on their needs at the time and not their disorder. I will also have empathy for those who are having a bad day and those who cannot control their outburst or anger. I will also offer company to those who struggle with mental health and are in the hospital, because company and acknowledgement may be all they need to help them feel better.