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.

Going into this week for SIM, I was nervous because I didn't really know what to expect with the scenarios. My scenario was over a patient diagnosed with Generalized Anxiety Disorder, and we got to familiarize ourselves with the Hamilton Questionnaire. I really enjoyed getting to use this and learn exactly what the screening criteria is, which better helps me understand what this person could be feeling. Observing everyone else's scenarios was very interesting too, because I got to learn what Schizophrenia looks like as well as PTSD.

- How did it go compared to what you expected it to be like?

I think it went really well. I had a great nurse partner, Harlee, who made me feel less nervous, and when we really started our scenario, it all started to flow well together, which built my confidence up.

- What went well?

I think my communication, specifically therapeutic communication, got a lot better by getting to apply what we learned in class to an actual patient scenario.

- What could have gone better?

I think everything went pretty smoothly. The only thing I think we could have done better was to document the medication we gave our patient that day.

- 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 had been a patient for any scenario, I would have chosen PTSD. I believe portraying this role would've made me feel more understanding of how people with PTSD feel. My grandfather had PTSD from his tour in Afghanistan, and to this day, he still struggles with it, and I can see how it affects his everyday life. But most importantly, this experience affected me by being able to put myself in their shoes and understand that it can be very hard for them to ask for help, but the difference it can make in their quality of life is monumental.

- How will this week impact the way you feel about your ability to use therapeutic communication?

Like I had mentioned previously, I think the biggest thing I struggled with when it came to therapeutic communication was how to answer or respond to the hard/sad/imaginary things that patients could say to you. I feel as though I am starting to break through this after this week because of some simple conversation starters Dr. Harrison showed us, and through just practicing in SIM, even by watching my peers.

- Did this week change the way you think about mental health? If so, how?

I think so, I kind of grouped it all, but ever since learning in class about all these different mental health disorders,s I started to understand. And this week in SIM, getting to apply and learn through the different scenarios was very helpful to understand how different each one is and how they each need an individualized approach.

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

I will make sure I am always striving to be kinder to everyone even if they do not treat me the same because one big takeaway I received from SIM is you never know what someone's going through and most of the time people are coming to us on their worst days and if I can have a part at making that even a smidge better, I want to do that from them!