

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.

Simulation this week opened my eyes to what mental disorders truly look like. People with mental disorders often get a certain type of stigma around them in the hospital, I am ashamed to admit that I have thought the same thing before. So, my feelings in simulation this week shifted to trying to put myself in the patients shoes. I could never imagine what they are thinking, but I can shift my feeling towards them overall. They just need someone to be there for them and help them, spend just a little more time with them. We can't understand what they go through, but we can care for them mentally and physically.

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

Going into SIM this week I was a little nervous because you can always expect the worst. It was the complete opposite. This week we were focused on communicating with the patient and trying to ease their mind. I was expecting more of an episode type of deal, but psych patient are just like every other patient in the hospital. We are there to care for them at their worst moments.

- What went well?

My partner and I thought we did good with the situation we were given. We came in confident and ready to care the patient. We used the communication technique that was given to us to effectively know what the patient was feeling. We used all the anxiety scale to score her level of anxiety to call the doctor and get her the medication she needed. We saw that the patient was feeling a little bit of anxiety about being alone so we stayed just to talk to the patient and talk with her. At the end of the simulation I felt we care for medically and mentally.

- What could have gone better?

The thing that I think I could've fixed a little more was not being nervous to ask questions. I was having trouble deciphering what to say that wouldn't cause a trigger or an adverse reaction. In reality, these patients aren't what people make them out to be. They are humans that need to be cared for, and that is what we are there to do.

- Reflect on the scenario in which you were in the role of the patient or family member. How did that experience affect you?

The situation where I was the patient was schizophrenia. Putting myself in the patients shoes was a little difficult because I can never imagine what these people are feeling. Dr. Harrison showed us a video of a person describing what his mind was like, and it is very difficult to think about what these people go through. It is a little scary and would cause me to have anxiety

about everything. It just reminded me that as nurse we are supposed to be there for them when they feel like they have no one, and when their mind is telling them something different, we need to let them know that we are going to be there for them and the reality of the situation.

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

This week helped me to have a lot more confidence when talking to a psych patient. Using the techniques we have learned will get us the information we need about the patient to provide the correct care. The patients just need someone to be empathetic and get a little glimpse of what they are going through.

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

Mental health disorders used to be something that people never talked about. Especially where we grow up and around the people we grow it can be thought of as a weakness. Growing up in a small country town, this is exactly what we were taught, but it is completely the opposite. People do not choose to have a mental health disorder; it can happen to anyone. People with mental health disorders fight their mind everyday and when they come to see us in the hospital they are going through the worst of it. So, we need to be there for them and know that they are just like everyone else.

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

I will use the knowledge learned today in my practice all the time. Knowing how to effectively communicate with patients is one of the most important things for a nurse. It develops that appropriate patient-nurse relationship to be able to care for the patient.