

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 really enjoyed it. I wasn't sure what to expect but Dr. Harrison made us feel really comfortable and provided us with a safe space to simulate potential interactions.
- How did it go compared to what you expected it to be like?
It went exceptionally better than what I had built up in my head. Since we hadn't covered any of the material yet, I was really nervous about what would be expected of us but we were met with grace and a crash course in psychiatric mental health. I actually feel better prepared to learn the material.
- What went well? Everything! I really feel like this was a fantastic learning experience. We had a great group, everyone participated. Even when I was so in my head and nervous when it was my turn to be the primary nurse, I was met with grace and because I felt safe, I feel I was able to receive feedback better, ultimately making it a better learning experience.
- What could have gone better? The only thing I can think of is I wish we had been able to go over some of the material before hand but I know that was just a scheduling conflict and was unavoidable. But like I said, even without any prior lectures, I feel Dr. Harrison prepared us well.
- Reflect on the scenario in which you were in the role of the patient or family member. How did that experience affect you? Having a friend who has recently gone through a similar experience, it provided me with unique insight on just how stressful and overwhelming it could have been for him. So many things I didn't even think of, like providing him with nicotine and how much something that could be so easily overlooked, had a significant impact on helping him to feel better.
- How this week impact the way you feel about your ability to use therapeutic communication? I feel better prepared knowing that there are tools to help tailor communication with each patient based on the diagnosis they receive.
- Did this week change the way you think about mental health? If so, how? It helped me to see that even though it's such a broad subject, people are more than just diagnosis' and the stereotypes we attached to them (even if it is unintended).
- How will you use the knowledge gained from this experience in your practice as a registered nurse? I think gaining a better understanding of what they are battling will really help me to better meet people where they are with more compassion and empathy.