PMH SIM Reflection

1. Describe your feelings about your participation in the SIM
2. How did it go compared to what you expected it to be like?
3. What went well?
4. What could have gone better?
5. Reflect on the scenario in which you were in the role of the patient.
6. How did this week impact the way you feel about your ability to use therapeutic communication?
7. Did this week change the way you think about mental health?
8. How will you use the knowledge gained from this experience in your practice as a RN?

MINIMUM 350 WORDS

My feelings towards my participation in SIM are always nerve wracking because I always feel under-prepared for each scenario, but with this simulation I liked how it could get personal as far as anxiety, PTSD, etc. I liked how each of us could relate to something in almost each scenario. I expected it to be really bad on just my part because we have not had any psych lecture yet, so i felt kind of thrown into it, but what well was we got a deeper understanding and I liked how we got asked what we knew about each disorder, if anything, and we kind of touched on each disorder, and we could see how what we thought sometimes were just the stereotypes & the negativity around some of these disorders. I don't think anything could have really gone better, I think the set-up was good and each scenario was well-put together. I was the patient for schizophrenia, and I had no clue what it all entailed other than the stereotypically "they're crazy" type of behavior I would hear about. But I learned more about the symptoms this disease came with and I got a deeper understanding of how the person diagnosed with this disease may feel and how they are even sometimes aware of hallucinations they have. I did not think I had strong therapeutic communication honestly, but in some scenarios, like the anxiety one, I had strong communication because I empathized with the 'patient'. Some of the non-therapeutical exercises I recommended even helped myself out because I was already feeling anxiety. This week did change my way of thinking, in a way to look at the person and not their disease so to speak. To look past the stereotypical things we hear about some of these disorders and automatically assume they are this way when everyone is different and they are an actual person. I feel that I will use this knowledge in my RN career especially with therapeutic communication, I can even use some of it now working as an aide, just simply asking how they would like to be woken up is something I will use now, because sometimes the aides are the first to wake the patient in the early morning. Asking to rate their anxiety, I never knew you could use the 1-10 scale to rate anxiety, so that was good to know, and not asking "why do you feel this way" and instead saying "tell me about …' because I did not realize how mean, or judgemental a "why" would sound before SIM. Overall a good experience.