Deajha Downey 01/22/2026

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 participating in this simulation lab and I feel better prepared for my upcoming clinical rotation. It opened my eyes to many illnesses I was unfamiliar with. It did make me sad to know that many of these patients are often neglected or thought of negatively. It pushes me to make sure therapeutic care is mandatory in my plan of care from here on out and going into my nursing career. My fellow peers went above and beyond to make this simulation feel as real as possible. I appreciate them for pushing me to better my nursing care.
- How did it go compared to what you expected it to be like?
    - When preparing for this simulation I was nervous since most of my experience has been more focused on physical heath over mental health/ disorders. Throughout the two days I started to feel more comfortable with my therapeutic communication. The learning environment felt safe and I was more willing to put myself out there and better my skills without judgement.
- What went well?
    - Overall, I believe every scenario went extremely well, weather I participated in a nursing role, patient role, or as an observer. Every scenario offered a learning opportunity for everyone, as well as giving us space to ask questions and discuss our own experiences. My peers and I didn’t have any lecture material prior to the simulation, but we all used critical thinking to complete our scenarios.
- What could have gone better?
    - In my personal opinion I believe I could have educated myself better on schizophrenia to help better understand my role as the primary nurse. I believe I did well with the small amount of knowledge I did have, but the lack of knowledge had an affect on my confidence. My nerves clouded my thoughts and my scenario didn’t go as smoothly as I had hoped for. I could have done better about reminding myself that this is a judge free area designed to make errors and improve.

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

    - I took the role of the patient in the chronic anxiety scenario and being in that role felt very real. I do have a history of anxiety, but it really opened my eyes to what a person with chronic anxiety goes through. I could feel the fear that a patient might experience in the hospital and how hard or scary it would be to not have a nurse who cares. Thankfully, my peers did a great job of performing nonpharmacological interventions to ease those thoughts and feelings. This affected me by being in the shoes of someone who can't control these feelings, and how critical our support and care is to their physical and mental health.

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

    - I feel much more confident in my abilities to preform therapeutic communications in the hospital setting as well as my personal life. I learned how to de-escalate certain situation while maintaining my role as the nursing and not getting worked up. It gave me an inside on how certain terms and phrase can be effective or harmful to someone who is diagnosed with mental disorders. It made me realize how important it is to actively listen to what someone is saying and to take my time to formulate a response. It was a great reminder to be patient with someone who might be acting out, because it might be something they aren't aware of or can't control. In every scenario after there was an intervention the patient immediately apologized for their behavior and showed some shame or guilt. I will carry this with me throughout my life and career.

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

    - I have always been a big advocate for mental health and I believe it is just as important as our physical health. I have always strived to help others better understand how mental health can affect people and to treat these people as equals.

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

    - I will now go into every patient's room and ask if they can rate their anxiety, whether they are admitted for mental health issues or not. I will also be more observant to certain behaviors and ask "I see you…, You seem…, Tell me about…"

to better understand where my patient's head is at. I want all of my future patients to know that I care about their mental/physical health and that I am there to support them. I also learned how comforting I can be to a patient by just letting them know these things, as well as just being present for them. I am grateful for this learning experience and excited to using it throughout my practice.