

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 was a little nervous at first since we had not covered any material for PMH, so I did not know what to expect. Overall I really enjoyed my time and simulation and learned a lot about mental health and how to communicate with patients more efficiently.

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

I thought the scenarios would be more intense, but the overall experience was more about communicating with the patients than medical.

- What went well?

What went well was we learned about what phrases to avoid and how to ask questions to open conversation without the patient feeling judged. We also learned about assessment for each condition and what interventions are appropriate based on the behaviors/ symptoms presented.

- What could have gone better?

What could've gone better is I could have done a little bit of research about the conditions in the scenario to be a little bit more prepared other than that I think everything went great and it was a great learning experience.

- Reflect on the scenario in which you were in the role of the patient or family member.

How did that experience affect you?

I was the patient in the borderline personality disorder scenario, this is impactful to me since it is a very common disorder and is very probable that I will have to take care of patients with BPD. I learned about these patients and how to effectively communicate with them.

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

This experience impacts how I use therapeutic communication since we learned how to de-escalate situations, and help the patient feel seen and more comfortable making it safer for both patient and staff. After this week I feel more comfortable talking about sensitive topics that are relevant to the patient.

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

This week showed me that mental health is so complex and how hard it must be to a PMH patient and how much the stereotypes of mental illness cause so much harm.

I also learned what it feels to be in the patients shoes and that they already don't feel comfortable so as nurses we have to be aware that sometimes they are neglected while being under medical care so we have to do the best to get

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

I will use my experience from this sim to remember to be kind to all patients and remember that some patients are not able to help their behavior due to their conditions. I also learned that taking the time to talk to the patient can be so beneficial to them.