

## 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.  
This week's simulation experience was a valuable and eye-opening learning experience that helped me to work on my therapeutic communication. I felt a little challenged and uncomfortable in the scenarios I participated in, just because they were new situations, and I don't ever want to say the wrong thing, so it was nice to be able to work on that.
- How did it go compared to what you expected it to be like?  
I guess it kind of went how I expected, but I didn't expect communication to be such a big part of it, and I realized quickly that it was a huge factor in all the scenarios.
- What went well?  
I think all of the simulations went well that I watched, but for the one I participated in with the schizophrenia patient was definitely eye opening and helped me work on that therapeutic communication which is something I feel like we haven't focused on much in school and now getting to work on it and learn the correct things to say is very helpful not only for psych but for all patients.
- What could have gone better?  
Overall, I was very happy with how everything went, even with having to condense it all into one day. I do think it would have been nice to be able to see these scenarios play out at the TTHSC and to see more scenarios but with the time frame we were given, I think that I still took a lot away from this experience.
- Reflect on the scenario in which you were in the role of the patient or family member. How did that experience affect you?  
Participating in the alcohol withdrawal scenario as the patient was a great way to get into the eyes of the patient and how they see us while they are struggling. It showed me the discomfort and vulnerability these patients experience going through withdrawal.
- How this week impact the way you feel about your ability to use therapeutic communication?  
This week improved my confidence in using therapeutic communication at the bedside but also showed me how much it can improve as well. I think that communication is something I will just have to continue to work on every day as I further my career as a nurse.

- Did this week change the way you think about mental health? If so, how?  
Yes, this week's simulation showed me how much these people struggle and helped me have more empathy and showed me the importance of being a compassionate, non-judgmental nurse that cares for these patients with professionalism.
- How will you use the knowledge gained from this experience in your practice as a registered nurse?  
I will use the knowledge gained from this experience to provide empathetic care that is patient centered. I will continue to work on and practice my therapeutic communication and prioritize safety with any of my patients.