

# PMH Sim Reflection

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I was very happy with how SIM went this week, and I felt that I learned a lot from watching and participating in each of the scenarios. I was very happy with getting to participate and learn about different disabilities first hand, and how to respond to each person.

I expected it to be very hard and discouraging because of the severity of psych patients, but it was actually very enjoyable. I felt that in a new environment and in an unfamiliar place would make it less real, but it was a great learning experience and very organized.

I felt the patient interaction was smooth considering being the first group to go, and I felt that the teamwork Spencer and I had was a great combination. We were able to interact with the patient properly, and we delegated responsibilities to each other evenly, so we could obtain the same goal even when being on a different step.

I think being more knowledgeable about word choice, and how to approach certain situations would have made the simulation go better for me. I struggle sometimes with responding quickly to a person or patient, and even though it hasn't happened yet to my knowledge, it may upset a patient and make them lose trust in me as a caregiver, so by stopping and thinking of a response would benefit more.

I was a patient withdrawing from alcohol, and by understanding the mindset of the patient was very interesting, and it helped allow me to understand why these patients act the way they do when withdrawing.

This simulation helped me gain confidence in patient interactions and in using therapeutic communication by getting to the patients level, and putting bias and pride aside to just help the patient in need.

I have experienced addiction through family, so I already had a different outlook on addiction situations, but this simulation allowed me to talk to a patient that isn't family, and allowed me to separate feelings and service to the patient.

I will use this experience by knowing how each of these psych patients need to be helped, all in different ways. You can still be comforting and supportive, even if it is by using less words, or less physical touch.