

## 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 loved this simulation experience. I was a little nervous going into the simulation, but Dr. Harrison explained things so well, and made sure that we knew everything that we would need to be confident and successful in the Sim. I learned so much, and also grew skills that I already had.

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

It went better than I thought it was going to. I really have had little experience using therapeutic language, but she gave us great tips and tricks to help us communicate therapeutically with confidence.

- What went well?

Learning how to communicate with patients, and I also got some more insight on psych meds. I loved the pace of the simulation, and I felt like I was prepared because things were explained so well.

- What could have gone better?

I think I could have prepared a little bit better, but I really don't think there was that much that could have gone better. I felt very prepared for the experience, and the experience was run so well that my preparation helped me be successful.

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

I had fun being the patient. I was in theater all of high school so I had a good time playing someone. It also made me think about being in the patients shoes, and how it can be very nerveracking being in the hospital.

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

It really helped a lot. It put my studying into practice, and it also helped me memorize and solidify the tools that we had learned in lecture.

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

I don't know if it changed anything, but it really strengthened my empathy.

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

No matter what field of nursing I go into, therapeutic communication is going to help me in so many different ways.