

## PMH Simulation

## Reflection

Please reflect on your experiences in the 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.

Simulation this week allowed me to perform and learn new ways to care for a patient who has different medical conditions that aren't as noticeable as a physical condition but are as critical as any other aspect of care. I was able to see that perspective and apply what I have already learned to work towards those techniques of questionnaires that we went over in SIM.

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

It went well, I was nervous about being a nurse leader and how I would handle the scenario, but being involved with my peers allowed me to gain qualities to help my nursing techniques. I was able to view how different questionnaires were used for different mental health conditions but still able to see how all care is equal, even when having different patients. I was nervous about how to ensure I have hit every need of a patient experiencing each condition differently, but before this week, I didn't realize there are guided questionnaires to help me, as the nurse, reach those patient-centered goals.

- What went well?

I viewed that as an individual and group, it went well, I was able understand the medications better while being in a clinical setting than in lecture or an exam, how to take my knowledge and place it into action with a scenario.

- What could have gone better?

To improve next time around, I believe that I will look over the questionnaires and understand more techniques for when approaching a patient who is in withdrawal or has PTSD.

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

I really wanted my patient, who is a veteran with PTSD, I want to ensure I build those qualities that a nurse should have towards a patient who experiences PTSD, and being evaluated will allow me to grow in those weaknesses. As PTSD is not tied to veterans, I believe that it's important for nurses to know how to identify that criteria to have awareness towards all patients who don't have the same experiences as a veteran, but whose trauma can be from a different experience.

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

It has impacted me in many ways, but the biggest aspect is that all approaches aren't always going to look the same, but there is one goal, and through obstacles, I learn how to remain patient-centered.

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

Yes, I enjoyed understanding and engaging in mental health to grow my knowledge to understand that there are tools to help us as nurses when assessing the patient, but the small things can also impact how they feel when going through a mental health crisis.

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

Through my experience, I will remain with the same qualities of being open minded through anyone's conditions, but I will be better about assisting a patient when having a different, dual, or singular mental health condition or crisis when being in my care, because they deserve to be understood, which all starts with how knowledgeable you are as a nurse.