

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 felt I was very involved in simulation this week. It helped me a lot in knowing how to talk to pts and applying other skills I have learned through class.

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

I expected it to be more complicated and difficult for me to catch on. I am still working on my skills with mental health so I was really expecting to have a harder time than what I did.

- What went well?

I feel I did good with keeping a calm demeanor and doing my best to address my pt needs in a timely manner. I also think I did good with communicating to the pt despite the aggressive behavior that was presented in my scenario.

- What could have gone better?

I think I could have done a lot better with management of the task I needed to complete to provide the best care to my pt. I felt like I was all over the place compared to my usual calmness internally. I just need to make sure I always get my general check list and hit the points I have made.

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

With the scenario that I had it helped me to understand what it could potentially be like for the pt it. Help to provide even more care and empathy to that pt and what they could be going through allowing me to adjust my care to best fit what they are needing.

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

This week impacted my therapeutic communication by showing me what I need to work on throughout the 2 days. I understood and developed further knowledge on therapeutic communication and how important it is to a pt that is suffering from a crisis.

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

I believe this week changed my way of thinking about mental health by putting definition to real life scenarios. Before I had little to no knowledge of mental health disorders other than anxiety and depression. Now I have gathered an understanding of other disorders and how to approach them through therapeutic communication, and how impactful it can be just to talk and hear out the pt even if they remain agitated.

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

I will use the knowledge I gained from simulation by using appropriate interventions and therapeutic communication with my pts. I will also understand that the pt is in a crisis and needs help, what I do and say will have a lasting impact despite how the pt presents in the clinical setting. I get to go home and they have to stay there in an unfamiliar place so I will do whatever I can to make them feel safe and comfortable with the time I have with them.