

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.
 - I really enjoyed simulation this past week. I felt like I handled it well, especially considering that in mental health scenarios you do not always know the exact “right” thing to say. I had to rely more on going with the flow, actively listening, and responding in a way that felt supportive and appropriate in the moment. While that can feel uncomfortable at times, I think it helped me grow in confidence and adaptability.
- How did it go compared to what you expected it to be like?
 - This simulation was different from what I expected. Compared to our previous simulations, which were more medication- and task-focused, this experience centered much more on therapeutic communication. We still needed medication and pathophysiology knowledge, but the primary focus was on building rapport, ensuring safety, and responding appropriately to the patient’s emotional needs. It felt more relationship-based than skill-based, which made it both challenging and meaningful.
- What went well?
 - I believe my planning and overall execution went well. I stayed organized, completed what was required of me, and maintained professionalism throughout the scenario. I felt calm and was able to think through my responses before speaking.
- What could have gone better?
 - What could have gone better is my communication. I know I will not always have the perfect words in the moment, but I recognize that this is an area where practice builds confidence. The more exposure I have to these conversations, the more comfortable and natural therapeutic communication will feel.

- Reflect on the scenario in which you were in the role of the patient or family member. How did that experience affect you?
 - When I was in the role of the patient, I thought my classmates did a great job. Crystal used appropriate coping techniques and administered the correct medication for my “disorder.” Being in the patient role helped me understand how vulnerable that position can feel and reinforced how important tone, body language, and word choice are when providing care.
- How will this week impact the way you feel about your ability to use therapeutic communication?
 - This week definitely impacted how I view my ability to use therapeutic communication. I found myself pausing more before responding and rewording my thoughts to make them more patient-centered. It made me more intentional in how I communicate.
- Did this week change the way you think about mental health? If so, how?
 - Absolutely. I recognize that there is still stigma and misunderstanding surrounding mental illness. This experience reinforced that mental health conditions are not a result of personal failure, but complex conditions that deserve empathy and evidence-based care. I feel I have developed greater compassion and understanding.
- How will you use the knowledge gained from this experience in your practice as a registered nurse?
 - I am grateful to have had this simulation experience before entering clinical practice. It has strengthened my communication skills and deepened my understanding of psychiatric pathophysiology. I believe this will help me provide safer, more compassionate, and more effective care.