

PMH Simulation Reflection

This week's PMH simulation experience was honestly much better than I expected. I usually get very anxious before simulation because I tend to overthink and assume something will go wrong. I always "freak out" a little before SIM and expect the worst. However, once we actually started the scenarios, I felt like I played my part well and participated fully in each one. Being in the moment helped calm my nerves, and I was able to focus on what the patient needed rather than on my own anxiety.

In the scenario where I was the primary nurse, I felt especially confident. I was able to think critically and make safe decisions for my patient. One moment that stood out to me was when I realized I could offer a nicotine patch as an alternative for a patient who wanted to smoke. Instead of simply denying the request, I provided a solution that supported the patient while still following facility rules. That made me feel like I was truly thinking like a nurse. Everything flowed smoothly in that scenario, and I felt that I used strong therapeutic communication. I remained calm, explained the rationale behind my interventions, and made sure the patient understood what was happening and why.

What went well overall was my ability to stay composed and communicate clearly. I received positive feedback about my therapeutic communication skills, which boosted my confidence. I made an effort to listen actively, maintain a calm tone, and avoid being judgmental. I think that helped build trust with the patient.

There are always areas for improvement, though. When I was in the role of the patient with PTSD, I gained a different perspective. My classmates who were acting as nurses were calm and communicated well with each other, which made me feel safe. However, I think they could have used more therapeutic communication techniques, such as asking open-ended questions like, "Is there anything you would like to talk about?" or "Has anything helped ease your anxiety in the past?" Being in the patient role made me realize how important it is to feel truly heard, not just assessed.

This week definitely increased my confidence in my ability to use therapeutic communication effectively. It also reinforced how important empathy is in mental health nursing. Mental health patients need patience, understanding, and support just as much as physical care. This experience changed the way I think about mental health by reminding me that small communication techniques can make a big difference in how a patient feels.

As a future registered nurse, I will use what I learned by staying calm under pressure, thinking critically, and always using therapeutic communication. I will also remember what it felt like to be the patient and make sure my patients feel heard, respected, and supported.