

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.
At first, I felt confident in my ability to respond appropriately to the scenario. However, once it was time for me to step into the nursing role, my confidence quickly decreased when I realized how challenging it is to care for a patient living with mental illness, specifically PTSD in my case. I became flustered and somewhat confused because I have not yet encountered a patient with that level of trauma and anxiety. Despite that, I am still proud of myself for not completely shutting down. I stayed engaged and focused on completing my tasks, even though I did not complete everything as well as I would have liked.
- How did it go compared to what you expected it to be like?
Compared to my expectations, the scenario did not go as smoothly as I had hoped. I expected to feel more in control of my thoughts and actions. Unfortunately, I let my anxiety influence my decision-making, which resulted in me missing a required SBAR and medication order. Looking back, I realize I should have trusted my instincts and slowed down instead of overthinking the situation.
- What went well?
What went well was that I maintained my composure throughout the scenario, even when I felt overwhelmed. I believe my therapeutic communication was overall decent, and my patient teaching was clear regarding the medication I did administer. I also made patient safety a priority throughout the interaction.
- What could have gone better?
What could have gone better is my confidence and pacing. I needed to slow down, think through my communication, and confidently acquire the necessary provider orders. I also recognize that I can improve on sounding more natural and less awkward when providing informed consent or offering reassurance to the patient.
- 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 played the role of the patient, I drew from media portrayals of anxiety as well as some of my own experiences. This helped me realize that anxiety presents differently in each person. It reinforced the importance of keeping an open mind and approaching each patient without assumptions.
- How this week impact the way you feel about your ability to use therapeutic communication?
This week showed me that I have room to grow in my therapeutic communication, especially when I feel flustered. However, I also see that growth comes with exposure and practice. My confidence will improve as I gain more experience.

- Did this week change the way you think about mental health? If so, how? Overall, this experience changed how I view mental health. Caring for someone one-on-one is very different from observing it. Mental illness is not just something treated with medication; it requires patience, safety, communication, and therapeutic support. It is far more complex than I previously understood.
- How will you use the knowledge gained from this experience in your practice as a registered nurse?
Moving forward, I will use this experience as a foundation. I will establish clear boundaries, remain calm even in uncomfortable situations, and consistently apply therapeutic communication. My goal is to ensure that I provide complete and compassionate care without letting anxiety interfere with my responsibilities.