

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 was honestly frightened to begin our simulation for the psych block. I always get so nervous during simulation, but I felt like it all went very well and was more educational than nerve wracking.
- How did it go compared to what you expected it to be like?
 - It all went much better than I expected it to be. As I said before, previous simulations have been so nerve wracking and I found myself focusing on all the mistakes I made rather than learning.
- What went well?
 - I feel like we comforted the patient very well, I had a good SBAR for the call with the physician and we did almost everything we could have. My partner and I worked very well together to take care of the patients' needs.
- What could have gone better?
 - We both completely forgot to get a consent signed for the medication. I feel like we could have done that better and we got a little stuck when it came to comforting the patient. I just feel as if we could have done things a little smoother.
- Reflect on the scenario in which you were in the role of the patient or family member. How did that experience affect you?
 - I was not in that role this week, but I will say that watching others I feel like it would be so terrifying to be a patient with a mental health disorder like the ones we simulated. There is such a negative stigma when it comes to patients with mental health issues and I feel so bad for those who get ignored completely because of their diagnoses.
- How this week impact the way you feel about your ability to use therapeutic communication?
 - I appreciate you teaching us about the "I see...You seem...tell me" Because I feel like that is going to help me when it comes to using therapeutic communication. It seems like a much-needed skill to keep in my toolbox. I also like how we were able to simulate talking to some of the patients with these disorders that way when it happens in our nursing career, we won't be so nervous and can tackle the situation head on.
- Did this week change the way you think about mental health? If so, how?
 - I feel like I have always been a pretty strong advocate for mental health because I have dealt with it myself, but this week really opened my eyes to how others view those with mental health disorders. I feel like after this simulation I am

going to advocate even more for those with mental health disorders and ensure that each patient is well taken care of no matter what diagnoses they may have.

- How will you use the knowledge gained from this experience in your practice as a registered nurse?
 - o I will not be as nervous when I encounter these situations in my nursing career. I feel as if this week in simulation really enhanced my learning on the subjects and I will be able to recognize when more communication is needed.