

Therapeutic communication plays a huge role in nursing. While in school we have played out multiple therapeutic communication scenarios for each class. I believe it is important for a student to act out scenarios for both therapeutic and nontherapeutic situations because it can help us determine the right and wrong things we could be doing.

For a non therapeutic scenario that I participated in I was the nurse. When me and my group acted this out we placed our scene in a hospital where a patient comes in and is a drug addict. As the nurse it was my job to go into the room and introduce myself to the patient and family and also come up with goals that the patient could participate in and complete. When I was playing the part I had a piece of gum in my mouth, I used “why” multiple times, and I gave off the impression that I was bothered by all of the patient’s and family’s questions. It is never okay to use the term why because it seems like you are questioning and doubting the patient. It is also not professional to be smacking gum when in with a patient. Another thing to remember is that when a patient and their family want to ask you questions, a nurse need to answer them to the best of their ability.

For a therapeutic communication play I acted as the patient and my partner was the nurse. We used the same scenario with me being a drug addict. I was a difficult patient with a noisy family and lots of questions. The nurse used great therapeutic communication by introducing herself and asking how I was feeling. She took the time to listen to all my concerns and questions and answered them to the best of her ability. When she had to leave the room she would say she would be right back and she gained my trust by returning in the time she promised.

For me these exercises were useful because it was the best way I have learned the difference between therapeutic and nontherapeutic communication. Being able to watch and

interact the scenarios helped because when you have questions you can relate your thought process back to the techniques and understand which goes with which. Although there is no real way to prepare for your first mental clinical, I do believe this is a good experience to understand the best and worst ways to interact with patients with behavioral problems.