

Sim Lab Reflection

Our day at the Texas Tech simulation center was definitely unlike anything I could've expected. Getting to see what another school's simulation life looked like was a really nice change! I'll admit, not knowing what we were going to be doing for the day was a bit nerve racking, but once the nerves subsided, it ended up being a really enjoyable experience. I felt like being able to run through different scenarios freely without having to worry about if you pass or fail, really opened the floor for more learning. Overall, I was glad that I got the patient that I did because I felt like it helped me better connect my immediate thought process with the material we learned in lecture; I was also glad my patient didn't die! Getting to run through several didn't scenarios, follow along with my peers and be a part of their thought processes helped put my mind at ease more and remind me that this is all a learning experience. Sitting down and critically thinking about the scenario from start to finish, then going to the room and attempting to execute what I prepared in my head was although nerve wracking, it really helped me reaffirm what I should and shouldn't do for next time. Moreover, I really getting to see Texas Tech's facility and see the differences in their facility and ours. I liked getting to experience going into the room with my teacher behind the wall watching me, instead of them watching me while being in the room with me. It seemed to take a little bit of the pressure away from the situation. I also really enjoyed how one of our rooms veered from the initial diagnosis and the patient ended up going into anaphylactic shock. Although definitely not expected to be happening to the patient, I think it helped give us another look at the possible situations we could encounter as a whole. It also really helped engage our critical thinking processes and got us to think more about all the possibilities at hand, rather than just what was immediately wrong with the patient based on their chart.