

Miriam Rivas

Week 4 reflection

The main thing that I took away from both days actually, was how crucial it is that we understand nursing diagnosis. I think reading the case studies is very helpful and since we have to prepare for the New Generation NCLEX, it is in our best interest to know how to properly read and identify issues in our patient care. The first day of SIM lab was extremely helpful because we sat down and really broke everything down about Millie and Henry. Hearing my peers' nursing diagnosis really opened up my mind to how many things you can do that makes the patients feel better in the simplest ways. While we were there that day, we also went over labs and prioritization. These are things that are so important on any shift. I think it is really interesting and helpful to sit with our professors and really grasp why we do what we do in a nursing setting. Due to unfortunate circumstances, we did not get to go to the Texas Tech Simulation center, so we ended up playing the game that was surprisingly really helpful. I really enjoyed the intensity of the scenarios because in the real world, we are going to have to care for people who actually have so many issues and what we learned on Sim day 1, really helped with the prioritization aspect. For example, my group had a patient with life threatening vital signs with C. Diff. Most of my group out C. Diff over the very obvious issue, which was the terrifyingly low BP, low respirations and high HR. Mrs. Howard made a good point about our prioritization when she said that our minds automatically went to what we are familiar with. Which was very eye opening because nursing is all about stepping outside of what's comfortable. It was a good learning moment for me to look at everything. At the end of the day, that was a very obvious issue and the vital signs should have been easily noticeable. However, I really appreciate how we are taught to look at things. The professors are very firm in their teaching, but also give us grace because we are still being exposed to the critical thinking aspect of nursing. All in all, I enjoyed the game because it was a fun, but effective way to get us to step out of the little box we are in. I am very excited to get better and keep learning about good care for my patients.