

Jasmine Tienda

February 23, 2022

### PMH Simulation Reflection

During my simulation, I felt very involved, and I had a wonderful time getting to participate in every part of the activity. I like how we had rotations and got to play each role because it really gives you a firsthand experience on how things might be in each aspect. Being the primary nurse makes you really critically think and use your knowledge to figure out what to do next. Being the secondary nurse helps build communication and teamwork within the nurses. Being the patient helps you understand what it is like to be in the patient's shoes and how hard it can be sometimes to feel understood. Lastly, the most beneficial to me, being the observer helps you see everything happening and being able to see the good things done and help brainstorm some possible things that could use improvement. This is by far my favorite simulation I have done.

The simulation went a lot better than I had intended it to. I am usually shy and very nervous when doing these kinds of things just because so many people are watching, and I always worked up so many nerves knowing the instructor is expecting us to figure out how to handle the situation. You made me feel very comfortable and it allowed me to do better than I usually do. Most of the time, I never felt as if the simulations helped me understand the material we were doing but these really took it to another level.

I felt as if everything went well. I really think everything went smoothly because we were given the proper information and taught how to use our tools given to us. I really feel like

everyone's nurse role went very well and we all learned from our experiences knowing what to expect for next time in a similar situation. It really helps when we can have the explanation you gave us after in the debrief. I like how you would tell us what you would do if you were in that particular situation at the time. It really helps having feedback so we can understand what we did well and what we can work on .

The only thing I can think of that could have gone better is possibly getting more opportunities to play the nurse role more than once to be able to put our critical thinking skills to the test. But at the same time being able to watch others gave us an opportunity to see in the moment what can be missed and improved on so we can take their experience in as well as a good learning source.

I will use all the knowledge I learned from my experience to get me ready to communicate with my real patients I will have on my clinical rotations and later down the road when I become a nurse. This experience has prepared me for what to possibly expect from the patient's and some skills to communicate with them. It has given me some new therapeutic communication skills to use with different types of patients. It has also provided me with many safety skills as well. I would have never known that it wasn't okay to wake a sleeping patient in psych the same as a regular patient.

I found this simulation very informative and fun at the same time. I believe being able to have a good time while learning makes the learning experience ten times better. I thought it was very thoughtful that you said if any of it triggered us, we could call a timeout. I would love to do more simulation material like this. I feel like having a real patient makes it easier to learn from.