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. Responses should be a minimum of 300 words.

- Describe your feelings about your participation in the simulation.

I feel like my participation in the PMH sim was great! I volunteered to be the nurse first in the scenario and I think I did my part well. The scenario that I was the nurse in was about anxiety. I participated first because I personally experience anxiety and I feel like I could relate to it more than the other scenarios. I truly enjoyed participating in all of the scenarios though. Being the patient was also interesting and helped me see just a glimpse of what these patients have to live with every day.

- How did it go compared to what you expected it to be like?

Sim went so much better than I thought it was going to. At first, I thought it was going to be super difficult and scary because I don't have much experience with psyc patients. It ended up being hard enough to make us learn but easy enough to not make us freak out.

- What went well?

As the nurse in my scenario, I think things went great and we gave the patient the best care. My classmates and I all worked together really well in all of the scenarios. I feel like we progressed so much throughout all of the scenarios and learned so much.

- What could have gone better?

I think things could have been better for me personally if I had prepared a little more. I should have read all of the handouts that went with the scenarios, so I felt more comfortable asking the questions on them. I also should have studied the medication sheet more to answer my patients questions better.

- How will you use the knowledge gained from this experience in your practice as a registered nurse?

I gained so much knowledge from this week's simulation that I will be able to use on a day-to-day basis in my nursing career. I learned how to use more effective therapeutic language with patients that suffer from these types of disorders. I learned how to identify these disorders and learned more about the differences between them. I will be able to use all of this newly gained information in the future when I take care of patients that have any of these disorders.