

SIM Reflection

I thought that SIM today was not only very fun but also very educational. I love the game that we played because it makes you critically think. We are always told to “think like a nurse” and this game allows us to do that but then we also get feedback on why our thinking was right or wrong. It really helps having a real-life situation and thinking through it step by step and deciding what we, as the nurse, would want to do and what would be best for the patient. I think this activity is one of the best ways to prepare us for when we graduate and are on the floor. I know that when I must make decisions for my patient one day that I will think back on this and really evaluate every aspect before I decide what to do. The main thing that I learned today is just how important lab values are. By simply checking labs you can see clear signs of things like infection or dehydration. For me this is one of the easiest ways to decide what might be going on with a patient because things like fever, shortness of breath, and coughing could be caused by numerous different illnesses or diseases. Looking at lab values can give you a more specific idea of what is happening and will ultimately help guide you in the decision-making process. Another useful thing today was pretending to call the doctor and having to write out an SBAR. Dealing with doctors can seem intimidating sometimes and this is just a simple thing that will give me more confidence when I must talk to an actual doctor about one of my patients. Overall, SIM has been very helpful this module and I am thankful for our instructors who not only make it fun but also prepare us to be the best nurses we can be.