

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.
 - Although I unfortunately didn't get to act as the primary nurse in a scenario, I felt like I learned a lot by being the patient and observing. I observed various ways to use therapeutic communication and I also saw what not to do and say in other scenarios. I understand the importance of therapeutic communication and I understand that it will be used no matter where I am nursing, so learning more about that was something I really needed.
- How did it go compared to what you expected it to be like?
 - From other students I heard that it was very fun and different, and that was exactly my thoughts as well. Although I didn't feel too hot, I found this sim to be a lot of fun and different in the best way possible.
- What went well?
 - Being able to see at least 4 different patients that I could encounter anywhere, not just at a psych-based environment. No matter where I am nurse the skills of handling someone with anxiety, PTSD, Withdrawal and even Mania are skills that are very important to take with me. Observing ways to speak and not to speak to these patients went very well in my sim experience.
- What could have gone better?
 - Only thing I could think of that could have gone better was feeling better and getting to participate at my full potential. But I am grateful for what I did get to participate in and definitely obtained skills that I didn't have going into sim.
- How will you use the knowledge gained from this experience in your practice as a registered nurse?
 - As stated above, I will take the therapeutic communication skills and use them in my practice as an RN. As you said in SIM, therapeutic communication is something that needs to be learned and practices over time, but from what was observed in the 4 scenarios I saw, I already gained a surplus of knowledge I didn't have before.