

## PMH Simulation Reflection

This week at simulation was so fun and such an awesome learning experience. I felt like this week I was very open to participating. In previous sims I usually hold back until I am picked, but this time I jumped right in. I chose to be the primary nurse on the very first scenario. I also felt very involved in all of our discussions, sometimes too much. Going into simulation I am always very nervous. It is nerve racking not knowing what is going to happen and having your peers grade you. I was also afraid because I have had very little experience with psychiatric diagnosis. I am very aware of drug abuse, but not schizophrenia and mania. I did feel a little better after being at Sunrise Canyon the week before simulation. It made a lot of those patients make more sense to me. I felt like it went better than I anticipated, and I felt a little more confident being the primary nurse during my scenario than I thought I would be. When it comes to what went well and what could have changed, I do not have much. I would not change anything. I loved the scenarios; they were very eye opening especially to be acting as the patient. Sometimes we don't really know how these patients feel and acting as the patient gives us just a tiny glimpse into how they think. I also really enjoyed the diversity in the scenarios. The pre-brief and debrief I thought were very educational. I learned so much just from talking after the scenario. I also love that we were introduced to some of the questionnaires and rating scales. I don't want the first time I am seeing a tool like that be when I need to use it. I cannot wait to utilize this in my nursing career. Even if you are not physically in a psych unit you encounter these patients. I feel like I understand how to communicate with these patients easier and maybe not so choppy. I have a little more confidence to say, "I see you are...." And "tell me about it."

Thank you for a great week. I learned so much during simulation!