

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. Submissions should be a **minimum** of 300 words total.

- Describe your feelings about your participation in the simulation.
 - Going into simulation, I was more nervous than in my other clinical weeks. Every module, I typically dread going to sim lab because I always feel like everyone's eyes are on me and I am having to do everything alone. This simulation experience was completely different. I loved the fact that for every simulation activity, there were at least two other students in the room. It helped ease my nerves and make the experience much more enjoyable.
- How did it go compared to what you expected it to be like?
 - As I mentioned above, I walked into this simulation expecting to feel pressure to do everything perfectly while everyone else's eyes were on me. Luckily, from the very first simulation activity we did, I instantly felt comfortable with both the instructor and the other students that were there. Feeling so comfortable with everyone allowed me to fully apply myself and learn many new things.
- What went well?
 - Overall, I think many things went well. I enjoyed having the opportunity to play many different roles throughout both days at simulation. By playing all of the roles, I was able to gain a better perspective of what both the patient and nurses experience during their interactions.
- What could have gone better?
 - Regarding my whole simulation experience, it is difficult to think of things that could have gone better. Based on my role as the nurse, I think I could've used more critical thinking skills and also have been more confident in the decisions I was making as my patient's nurse. One other aspect that could be improved was our ability to get into the building. Although we were lucky and caught someone to walk in behind each time, not being able to get into the building was an inconvenience.
- How will you use the knowledge gained from this experience in your practice as a registered nurse?
 - During this simulation experience, I was able to work on my therapeutic communication skills. I am very grateful for this opportunity because although I do not plan on working as a psych nurse, being able to communicate with patients therapeutically will enhance my nursing skills drastically.