

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.
 - Overall, I feel that SIM went great. I was able to participate in every role throughout the multiple simulations, which really helped me in seeing different prospective.
- How did it go compared to what you expected it to be like?
 - Going into it I was nervous as always, but after observing and participating in a few of the simulations I felt more confident going into my own. We were able to see many of the subjects that we are going to be learning about next week in a real life situation and I feel as though I now have a better understanding because of that and will be able to relate back to this simulation when going through lecture and studying.
- What went well?
 - I was able to gain knowledge and experience in therapeutic communication in areas that I wasn't confident in. I now feel more comfortable in approaching psychiatric situations with more confidence, as well as being able to acknowledge each patient properly and professionally that I encounter to help them feel seen and heard in any situation that they might be going through or have gone through.
- What could have gone better?
 - The simulation before me being the primary nurse had a lot of similarity to stuff that I had gone through in life, and I didn't realize that all those emotions could come back out of nowhere like they did. I feel like this hindered me going in to mine as a primary nurse because my heart was still racing from the conversations, and I couldn't get my thoughts in order. I also see this from a positive perspective as well though, I now know certain stressors/triggers I might have about certain subjects and can now go in better prepared to face or avoid them.
- How will you use the knowledge gained from this experience in your practice as a registered nurse?
 - As I said above, I feel like I gained a whole new understanding of therapeutic communication and the do's and don'ts on how to approach certain situations. I'm coming out of this simulation experience more confident in my nursing skills and looking forward to being able to use what I've learned this week when I get into my career.