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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 simulations this week.
- How did it go compared to what you expected it to be like?
- What went well?
- What could have gone better?
- Reflect on the scenario in which you were in the role of the patient or family member. How did that experience affect you?
- How will you use the knowledge gained from this week in simu in your practice as a registered nurse?

I feel like I had an very positive experience in the simulation this week. I liked it a lot because I feel like sim is an overall great learning experience. It didn't go as I expected it, because I did not expect to realize how much communication is involved with our psych patients. Of course, communication is a huge part of nursing, however, I feel like we verbalized how important it is to let the patient know we understand them, and we hear them. I think several things went well during my scenario and my peer's scenarios. I feel like I verbalized the patients concerns and repeated their concerns back to let them know I was acknowledging them. During my scenario I called the doctor, however, I did not repeat back the order the doctor stated. Therefore, I gave the wrong medication because of that mistake. Although I made a mistake, I will now remember to always write down what the doctor orders and to ask the doctor to repeat the order or instructions. I chose to be a PTSD patient and the patient had severe anxiety. I did not like acting out the role only because it would be draining having to feel like you are on high alert all the time where you can go days without sleeping. In addition, learning about other mental health disorders I realized how much our mental health patients go through. They are truly so strong. I will use the knowledge I gathered from the scenario to positively impact my future nursing career. I think my scenario was a great learning process because seeing my patient having bad anxiety kind of showed me how to not act in a real-life situation. I learned a great tip to ask the patient to take three deep breaths and to breathe slowly. I will defiantly carry that tip with me. I had an amazing experience at sim, and I love how our instructor told great stories to help us relate and understand the patients and topics.