

## 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?

1. My feelings towards my participation this week are that it went very well. I played multiple roles and probably would have played more if everyone didn't need to take their turn. I wish I could have played one of the more fun ones (I don't mean that to be disrespectful in any way).
2. Previous to this simulation all of our other ones have been more technical. They wanted to make sure that we were following procedures the way the hospital says we should. This one was different. It was more about how to handle a potentially volatile situation in a calm and calculated manor. Beyond that how to keep the patient calm and deescalate any agitation they might have. It showed us how to have compassion.
3. What I feel like went well for me personally was that I held it together and was calm through the nursing scenarios that I participated in. I showed compassion to my patients and successfully deescalated the situations.
4. There were a couple of things that could have gone better. Us as a team need to remember the signed consent for any new medications. I didn't have to do it in my primary scenario but did have it when I was a secondary. I wasn't focused on the technical stuff because I wasn't primary and that was a mistake on my part. I should have helped my partner. The other thing that I could have improved on was using more "You" statements. Although it wasn't a comment it's just something I feel I need to do better on.
5. My patient scenario was anxiety. The sheer energy it takes to be that upset gives me a better idea of what my husband goes through. It was awful and I only got a glimpse. The toll that that would take on someone's body just chemically is enough to make anyone exhausted.
6. I will use what I have learned to of course be more compassionate to patients and even my friends. I plan on working on using more "you" statements and less triggering questions (even in my home life" as well as reframing the way I talk about patients. It will be hard but I will do my best to no longer refer to patients as their disease but as the patient who has X disease. That is not all they are and they shouldn't be referred to that way.