Arian Tagle

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.**

  I participated as the first patient of the day. She was seen due to a dog bite but started to experience anxiety as time went on. I really enjoyed being the patient for this role and it gave me the opportunity to get the day started with some nice relaxing breathing techniques. Next, I played the secondary nurse for the patient who was admitted due to alcohol use. This scenario was the hardest one we had today, because there were many things we had missed or did not critically think on. I figured this would have been an easy scenario given the theme but there were so many external factors that demanded attention, yet we missed. Lastly, I played the primary nurse for the patient who was seen due to PTSD. This one focused more on the emotional and therapeutic communication side of nursing like the anxiety scenario did. I picked to do this one because I know that I needed a chance to apply therapeutic communication into a scenario that allowed me to talk/listen to a patient who is willing to have a conversation than the patients who are in due to mania, schizophrenia, and BPD. I do eventually wish to learn how to speak to these patients, but baby steps. This was a great opportunity to try it and receive feedback for my work.

- **How did it go compared to what you expected it to be like?**

  This simulation was different when compared to the prior ones, and I did feel more nervous because I don't feel that confident in my therapeutic communication and this simulation focused on that.

- **What went well?**

  The entire day honestly went better than expected. I feel that we all, including myself, have come a long way when it comes to simulation. I have been with a few of the same people since we started simulations and I see the difference in our approach, timing, care, and judgements.

- **What could have gone better?**

  I think I could have helped my primary nurse a more with our scenario given that it was a tough one. I wish I identified the oral fixation earlier and the acetaminophen issue, so that we could have given the patient the best and safest care.

- **Reflect on the scenario in which you were in the role of the patient or family member. How did that experience affect you?**

  I played the role of the patient admitted due to anxiety. I related to this character a lot because I suffer with chronic anxiety as well. I was diagnosed during after my second son was born and had my fair share moments are anxiety/panic attacks, so playing the part was not hard, however it did bring up old memories of my past experiences. I suffered in silence for the most part when my anxiety came about, and it took forever for me to finally get on medication. So, I do feel horrible for anyone who suffers from this disorder because I understand how hard it is to explain how you feel to others but harder to deal with it.

- **How will you use the knowledge gained from this week in simu in your practice as a registered nurse?**

  This simulation will stick with me when it comes to being more empathetic, conscious, attentive, and compassionate. I have learned how therapeutic communication looks and is applied in a scenario-based situation, so I do feel that has given me some confidence to apply it in a real-life

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situation. It also taught me how to talk to the patients like people and not just patients, I feel that this simulation was different because it was not us completing a checklist and doing assessments. This simulation brought us down to the emotional and nurturing side of nursing that showed us the importance in sitting down to talk with our patients and dig deeper to find out relevant information by active listening and being fully engaged.