

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.
 - At first, I was nervous about having to act the scenarios out but as I saw the other group members doing them, I felt better about it. Also, watching everyone else helped me see how I could do something a little differently with the way I could communicate with a patient.
- How did it go compared to what you expected it to be like?
 - I did not expect it to be a fun experience so to say with it being psychiatric scenarios and us having to act it out the best we can. I did not expect them to be as interesting as they were. I really found the PTSD scenario informative because I would have been more scared to trigger them by something I said when really there would be a small chance at it.
- What went well?
 - I think the way we did the scenarios and how everyone worked them together went really well. It was also good to get off early and get ready for the next day. Everyone in the group was a great help with giving good feedback and of what we needed to keep in mind with these patients.
- What could have gone better?
 - I think what could have gone better would have to be if I had tried to act the part a little better. I am not a very good actress and feel like I did not give the best patient scenario experience to my classmates.
- Reflect on the scenario in which you were in the role of the patient or family member. How did that experience affect you?
 - As I said before, I was not a good actress but the one scenario that had affected me was when I was the nurse for the schizophrenia patient. It affected me more because my father-in-law was diagnosed with schizophrenia. I am not able to ask him about the symptoms he experiences or how he tries to cope with it but am grateful I did not have to see him in that situation for it is a very intense and emotional environment.
- How will you use the knowledge gained from this week in simu in your practice as a registered nurse?

- As Mr. Ellis has stated in a previous lecture and as you have stated in the sim lab, we will all deal with some kind of psychiatric disorder as a nurse. With the knowledge I have gained from the scenarios, it helps me feel or see what it is somewhat like in their shoes.