

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 really enjoyed my experience this week during the simulation scenarios. I was able to play the role of the patient, the nurses, and a second nurse. I was very engaged during this time and enjoyed being a little more hands on since we were not very hands on at Sunrise Canyon or Dove Tree.

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

Honestly, I was not excited to go to sim. I felt like I was going to get nervous and everything that could possibly go wrong, would go wrong. It was actually a great learning experience. I learned a lot about different conditions and received great feedback.

- What went well?

During my scenario as a nurse for borderline personality, I listened to the patient and validated their feeling without applauding the suicide intents. My classmates also did a very good job with therapeutic listening and assessments. I was impressed with the outcome of the scenarios given that we haven't learned most of the conditions.

- What could have gone better?

I think my assessment for y patient was not the best. Suicide ideation is a big thing and I didn't do an adequate assessment. It has definitely been a learning experience for the future. After debrief I understood the importance of digging deeper and finding resources. I plan on implementing this throughout my nursing career.

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

My role as the patient was a young lady who was back home from deployment suffering from PTSD. I had a good time acting this out but, I also realized how exhausting it could be for someone actually living like this for a long time. I cannot imagine having to live with fear of someone hurting me or my loved ones and having constant nightmares about it. It must be very distressing.

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

As a nurse I will definitely use the knowledge gained to practice good therapeutic communication. This week was very helpful with that and I learned many new ways to be therapeutic to someone who needs it. I also learned about the assessments that will be very helpful in order to help patients get to their baseline after my care.