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IM3

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## SIM Reflection

My simulation lab experience is always extremely helpful and helps highlight where I need to excel in my critical thinking. In one station we went through the process of taking a patient from post-op to the floor. It was good for me to highlight the exact thought processes it takes to fully complete that task. From checking lab values, to understating which assessments were at the top of our priority list. This exercise helped work on those critical thinking skills. In another situation, we were given a post op pt that was given an antibiotic through an IV and had an allergic reaction. The key points that I got from that lesson was to understand that you are not alone as a nurse, it is a cohesive team effort at times, and it is ok to ask for help when needed. Especially during a code. In another situation we were giving the pt a breakdown of their newly diagnosed diabetes. As we were taught, it is a very heavy subject to have to take on at once. So, the lesson that I pulled from that scenario was to approach the pt with as much compassion and understanding as possible. We want to teach the pt the significance of the chronic condition and how to manage it, from continual BS finger sticks throughout the day, to trying to exercise when possible, how to change their old eating habits and how to adopt a newer outlook on the foods that they eat. I understand the significance of a thorough teaching to a new pt and how vital it is for the rest of their days if they want to lead a healthy lifestyle, as my father was diagnosed with type2 diabetes in his 40's. With that being said, it is important to try to keep the pt motivated as much as possible to try and take ahold of this condition. They are going to have to take charge of themselves which is a lot easier said than done at times. I also think that some sort of psychological evaluation should be done to these pts. Some might need some help to cope with this sudden change of lifestyle. Also the aid of a nutritionist or someone who specializes in the diet and nutrient intake for a DM pt might be a helpful resource for this pt. And last but not least we had a room where EVERYTHING was all wrong. This room was an example of what a pt room should NOT look like. The pt had arms and legs hanging off of the bed, there were needles and soiled linen everywhere. I will always have a picture of that room in my head as an example of what NOT to do.