

Megan Hennig

## Sim Reflection

Before arriving at Sim lab this week, I was expecting it to be skills practice on both days. Tuesday was a different and beneficial way of utilizing Sim lab. I enjoyed the case studies and how each instructor had their own activity for them. The first case study we did allowed us to think critically to be able to treat the patient in the scenario. The second one helped to learn priority of patient care. The diabetes bingo review was very helpful. It helped by allowing others to ask questions that I may not have thought of and to help with any misunderstandings I had about diabetes. Thursday's lab I did not know what to expect going into the Sim center. When we were told we were doing a CPE, I immediately got nervous and panicked. As we continued our rotation, my nerves were so bad. CPE always makes me nervous, however when it was my turn to perform my scenario, it was not anything that I expected. I was so nervous and forgot simple knowledge that I knew. Although I did know what assessment to perform, the teaching, and about my meds, I kept second guessing myself. Mrs. Howard did reassure me throughout the scenario and was not hard on me. She helped me think through it and was informative on what I could do differently next time. Overall, I really enjoyed our days for Sim lab this past week. It is always scary not knowing what to expect, but having confidence in myself about the things I have learned thus far in nursing school will definitely help me in future situations.