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SIM Lab Activity Reflection

I really enjoyed the SIM lab activity. I thought it was an excellent exercise in team building and communication. I have completed escape rooms many times over the years with my children so I was very familiar with the typical clues and puzzles. I thought that the clues were carefully thought out to allow the team to use our acquired nursing knowledge and skills. Personally, I feel like I was a bit hesitant to speak up at times because I have not worked closely with some of my classmates. As a male, I tend to hold back sometimes especially around females because I do not want to come across as demanding or pushy. That being said I feel like the exercise really pushed us all to open up and work as a team. I think our team might have benefitted from establishing a leader or possible two leaders. I think that the team was not as effective as possible at times because many of the team members were searching for clues independently of each other which caused us to overlap in our problem-solving activities. This was evidenced by our team when we found some of the clues out of order which caused confusion and wasted time. This was another excellent lesson learned: establish a plan of attack for the problem at hand beforehand as opposed to just throwing possible solutions to the problem. Minutes wasted in a medical emergency can easily be the difference between life and death. The final lesson learned I would talk about is communication. I feel like we would have been a much better team if we communicated more effectively. I think the team was a little reluctant to speak ideas out because we were a little bit intimidated because the room was full of experienced professors. I know I would have been a little more vocal with my ideas if the room only consisted of my colleagues as opposed to faculty. That in mind, I think it was an excellent exercise that helped us bond as classmates and communicate effectively with one another to solve a problem. I believe that this lesson and this module overall has really help me personally to grow in knowledge and confidence to one day be a good registered nurse.