

## PMH Sim Reflection

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I really enjoyed the simulation activities this week. In the past, simulation has been incredibly stressful for me, just because I know that someone is watching over me looking for mistakes. I expected it to be much more stressful and scary than it was. It was actually fun and I enjoyed getting to play each role. The scenarios were just very different from anything that I had experienced in the past. I think that because I was expecting it to be so much more stressful and intimidating than it really was, my brain was a little scattered. I could have slowed down and taken a breath and not felt so flustered. Because it was so different than scenarios we'd experienced in the past, I found that it was harder for me to go in with a game plan. Maybe this would have been a bit easier if I had psych lectures before simulation. Even though we talked about each disorder a lot before running the scenario, my brain didn't have much time to process the information. I enjoyed playing the patient also. I tried to get into the head of the patient and what they would likely be thinking and feeling. I felt like that experience gave me a bit more insight into how we are perceived by the patients and how sometimes the things we say and do come off. In my practice as a registered nurse, I will be conscious of the things I am saying and how I am saying them to help make sure that my patients feel as safe as possible. I also learned that sometimes it's acceptable to not say anything in response or to tell the patient that you are unsure of how to respond. I tend to feel like I need to fill the gap and say something to make it better, but sometimes silence is just fine. Thank you for making simulation a safe and fun learning environment!