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During my participation in Sim lab I felt like I was able to learn a lot that I did not already know about different mental health disorders. I also had to get out of my comfort zone while having to be a primary nurse and also a patient in one of the scenarios.

I honestly did feel a lot more nervous than when I experienced Sim in module 5 because these scenarios did not feel straight forward but in a good way. Usually in sim lab I feel like it's more centered around the skills part rather than communication. During SIM I was about to observe and also participate in providing a patient with therapeutic communication. There was a lot that was unexpected during the scenarios and a lot of thinking in the moment. I had to learn how to adapt quickly to that was going on.

I think all of the scenarios went well and there was a lot of communication techniques as well as getting familiar with several scoring tools for different circumstances.

I strongly believe that I could have opened up more during the scenario in which I played the primary nurse. I don't feel as though I brought forth my best performance due to my nervousness.

The patient that I played during SIM was a female with borderline personality disorder. I was not familiar with this disorder prior to attempting to play this role and I felt confused tryin to portray these strong emotions. I think it would be overwhelming to experience those feeling in such a heighten way.

My take aways from SIM that I will be carrying with me as a RN: reminding myself to have patience, non-judgement, and providing my best care to all patients dispuete mental heath diagnoses. I will make sure to use therapeutic communication.