

Kirsten Garcia

IM6

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I look forward to SIM week, but my anxiety level is usually through the roof - I'm sure a good chunk of the class can relate to that. Psych SIM has honestly been my favorite so far. I enjoyed being put in someone else's shoes and channeling the emotions that they're possibly going through. It's not easy to adapt to different disorders and figure out what to say, or what not to say, but this experience gave me a better idea of what I should do when caring for these patients in the future. Being a patient with PTSD was interesting to say the least. Feeling her anxiety made *me* quite anxious, but having nurses that were calm, patient, and reassuring with me made all the difference. I would want my future patients to feel safe and at ease when I'm caring for them. I was also the primary nurse for a patient with BPD, and when she was telling me that she was craving a cigarette, I wish that I would've made that my priority to help her feel more relaxed. I heard her mention the cigarette, but I think that I was set on getting through the assessments, on top of being nervous, that it wasn't registering in my mind to make that a more important task. Looking back at the situation now, I would've gotten her an alternative for the cigarette then continued with the appropriate assessments, and maybe she would've had more trust in me sooner. Now, I have a better understanding of how to communicate with these patients. It was never a question that I treat every patient with the same care, but this week made me realize how differently people who suffer with disorders are treated. They struggle to be heard and most of the time do not get the proper care, so I want to prevent that. Everyone deserves the best care that I am able to offer, so I am going to strive to keep that mindset. I really appreciate this experience. I learned more than I was expecting, so thank you!