

PMH Simulation Reflection

Please reflect on your experiences in simulation this week and reply to each item below. You may add anything else you wish. Submissions should be a **minimum** of 300 words total.

- Describe your feelings about your participation in the simulations this week.
Overall, I had positive feeling about simulation this week. I was nervous when first starting but the relaxed nature of what was expected of us eased my tension.
- How did it go compared to what you expected it to be like?
I believe it went well compared to my own expectations. Of course, I was nervous starting out and was thinking about this week as if it were a CPE and from my past experience those have been some of my most stressful times, but as the day went on it turned out to be a very productive time with hands on learning and the discussion on rationales behind the actions.
- What went well?
I think what went well was all of our participation in the scenarios and being open to learning new information and being able to apply that hands-on.
- What could have gone better?
I think for the most part it was good for what it was trying to teach us, but as for the scope of the topic it only scratched the surface and would have been nice to have a longer clinical time to practice the skills that were given to us this week.
- Reflect on the scenario in which you were in the role of the patient or family member. How did that experience affect you?
In the scenario where I was the patient, I was reassured that my classmates would be able to help a patient even though there might have been some mistakes, the compassion from the nurses was not absent and I could feel that they did actually care and they where not just going through the motions.
- How will you use the knowledge gained from this week in sim in your practice as a registered nurse?
One of the biggest takeaways I got from this was even when a patient is not the nicest or easy to take care of there is a level of empathy that must be given, and to treat the patients like they are human just like anyone else. I feel that it would be dehumanizing if I had to go to the hospital and the nurses showed no care just based on a diagnosis alone.