

## PMH Clinical Simulation Reflection

In the beginning, I was extremely nervous to participate in the SIM clinical experience. I am always nervous when I must perform anything in front of other people. But as the scenario went on, I became less nervous. I know this is a learning experience, it is to help us have an idea about what to do during these types of situations. I became more comfortable as the days went on. I honestly did not know what to expect when going into these scenarios. I had an idea that we would possibly see, but I thought we would be talking to mannikins and not actual humans. I really enjoy how we have life like situation where we talk to human beings and not mannikins.

I feel like I performed the Clinical Withdraw Assessment of Alcohol Scale well. I was thorough in asking the questions I needed to, I also tried to rephrase it to where the patient was able to understand. I also feel like I stayed calm throughout the scenario even when I had no idea what to do.

There were many things I could improve on, for instance taking a step back before administering my medications. I need to pay closer attention to the eMAR. I also need to take a step back and breathe when I get nervous. I know what I am doing, I just need to learn to trust my gut and not question it.

I really enjoyed getting to act as the patient. It really helps to be on the opposite side. I feel like it helps you to be a better nurse. It helps to know what may or may not help a mentally ill patient.

I will use the knowledge I gained this week in my nursing practice. This really helped me know what is and is not helpful to tell a patient who is feeling anxious. It also taught me different

techniques I could try before administering medication. I found ways to de-escalate a situation, which I did not know how to do before.