

## PMH SIM Reflection

In past SIM experiences, I always felt like I held myself back from participating due to my anxiety and being judged for making any kind of mistake. I now realize that I am not going to be perfect, as no nursing student or nurse is, and this time I made sure to participate in nearly every scenario for the experience. I went into this experience feeling unprepared as I have never dealt with a patient with some of the mental disorders that were played in the scenario. We were given great insight before each scenario, were able to ask any questions before as well, and discussed how it went with each person who played a role. With Dr. Harrison's knowledge on each mental disorder and substance abuse, we were well prepared to play our roles and it eased my anxiety. Everything went so well. We were given our assessments to view before we went to SIM, which I feel saved us a lot of time and gave us insight on what we could potentially expect in our scenarios. The SIM center was equipped with everything we needed and more and provided us a quiet space compared to when multiple modules are at Childrens hospital and can become a distraction. I also liked that we were at this SIM center for more than just one day.

Being the anxious patient hit home for me. Anxiety is something that I deal with on the regular, yet I try not to acknowledge it. Overtime I have learned that this is doing more harm than good, and expressing myself will definitely help my mental health. As the patient, my nurses did a great job at therapeutic communication, which I have witnessed to be missed from some nurses in the hospital setting. Also, utilizing the anxiety scale on all patients isn't being utilized the way it should be in the hospital. This makes me excited to bring this to whatever floor I'm working on to let my patients know that I see them, and I want to do whatever I can to ease their anxiety. I've also learned that its important to try and remain calm during stressful situations, as reacting can trigger your patients or increase their anxiety. Though, in every scenario, therapeutic communication and safety were key.