

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.
 - I really feel like I got out as much as I put in. I felt good about taking in every role: nurse, secondary, patient, and observer. As the nurse, I felt like I wasn't as prepared as I would like to be but I realize that I am not a psych nurse.
- How did it go compared to what you expected it to be like?
 - I was a little fearful going in because I am not as familiar with psychiatric care and disorders. But it was such a good and positive experience. I felt like I was able to have the ability to figure things out in a healthy way and not so worried about messing up. I felt supported and encouraged.
- What went well?
 - Everything. I loved the group I was with. I loved the way we could discuss and maintain character. Everyone really brought their all to the table in every roll. Group participation was really great. I liked that we could be open and were not afraid of sim and acting or taking care of these patients. We got a lot in for the amount of time that was spent.
- What could have gone better?
 - I think, because we have it in our traditional sim, having headpieces and the instructor is able to talk to the family member and through the patient, it could be beneficial as the patient to have a better feeling of hitting everything I'm supposed to.
- Reflect on the scenario in which you were in the role of the patient or family member. How did that experience affect you?
 - I was the PTSD patient and it took a bigger toll on me than I thought because I got in the mindset of "there's a bomb and I have to always be on guard". I recently met someone who exhibits some of these symptoms and I never really thought that they might have some PTSD until we talked about it. It gave me a new perspective on how I should approach this friend of mine in the best way.
- How will you use the knowledge gained from this week in sim in your practice as a registered nurse?
 - I will ask sensitive questions. I will use the I see ____, you seem ____, tell me ____. I think I will use it in my everyday life as well. I learned that everyone needs someone who will listen and isn't just there to do their job. I want to make an impact as the nurse that gives patients the quality conversation they need. I don't want to treat them as an illness or that I'm "Just at work". I want to make a difference 😊.