

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 had a very good experience this week. I learned a lot from SIM. There are things I didn't expect from this experience that I believe is going to help me grow. I apologize if my answers are short, I was triggered by some things I didn't expect to be.
- How did it go compared to what you expected it to be like?
 - I expected it to go well & to learn a lot. I'm not saying I didn't learn a lot because I did. I learned a lot of valuable information that is going to better my education & the way that I take care of my patients. It did trigger me a lot because I learned a lot about my mom that I didn't know pertained to her. It was very rough for me to go through, but I am thankful for my instructor and my peers being there for me.
- What went well?
 - I learned a lot from the scenarios that we ran through especially talking about the borderline personality disorder. I didn't expect to learn as much as I did. It was hard for me to take in and compare to what I know, but it did help me learn a lot & realize what was actually going on with certain situations in my life; my mom in particular.
- What could have gone better?
 - I could have handled the situation better than I did. I should have kept my emotions inside until after SIM was over. I am very appreciative of my classmates & my instructor. They helped me get through a lot of SIM; very supportive & caring. I could have been more involved in the scenarios, but I was just so bothered by the fact that the borderline personality disorder applied so much to my mom.
- Reflect on the scenario in which you were in the role of the patient or family member. How did that experience affect you?
 - I played a family member of a pt who was dealing with a lot of insomnia & a lot of other things. I had felt so tired of the manic episodes the pt was exhibiting that I was frustrated. This is something that is so common. We love & care for our family so much, but it is really hard to deal with family members that exhibit these symptoms. I learned the different perspective during this role. It was good to go through.
- How will you use the knowledge gained from this week in sim in your practice as a registered nurse?
 - I will use this knowledge to better my practice by trying to be a better advocate for my pts. I will be able to be a better listener because I understand needing someone to listen to me. It will help me be able to help every pt I encounter because most likely every pt has some trauma or experience that has led them to where they are at that point in life. I may not be able to be like, "I understand what you're going through", but I will be able to be a great listener and do what I can to help them through the short moments I am with them. I will do my best to help each and every one of my pts to the best of my ability in order for them to get through whatever they are holding on to. I will spend that extra time with them because that is what they deserve; my charting can be done later in my shift. We often ignore the "time" with pts because we have so much on our

plate, but we forget the real reason we became nurses & that is to help people in need no matter what.