Daisy Armendariz

PMH Simulation Reflection

- **Describe your feelings about your participation in the simulations this week.**
  - I think my participation was a good start! I didn't get to do this portion of the module last time so I was a bit nervous going in. Our group was a good group to be a part of SIM and it helped that everyone was willing to participate and was just as nervous as I was.
- **How did it go compared to what you expected it to be like?**
  - It went really well compared to what I was expecting! I was nervous about getting lost just trying to get there but it wasn't as bad as I thought and then SIM was a lot of fun. It was fun but still learned along the way. It helps how much we covered during SIM and still have enough time to go home and be able to go over what our notes say in comparison.
- **What went well?**
  - The way Mrs. Harrison had everything organized and ready to go, helped out with being able to jump right into roles and scenarios. I think most of us were already anxious about not knowing what to expect or having to be a main nurse that when it was all ready to go we felt good about being able to start and go along with it.
- **What could have gone better?**
  - Probably just my acting skills!! But other than that I can't really say anything could have gone better? Maybe also when we did the last scenario and the computer wouldn't have messed up.
- **Reflect on the scenario in which you were in the role of the patient or family member. How did that experience affect you?**
  - During my role for personality disorder I made me feel really sad for those who are misdiagnosed or dismissed in a way after going through a traumatizing time in their lives? As a young patient being really upset about her boyfriend breaking up with her, I feel like most people would perceive it as the person was just being really dramatic and for being so young they should be able to get over it because "you're young and deserve better."
- **Did this week change the way you think about mental health? If so, how?**
  - It helped me put some illnesses into better perspective, and help differentiate some of the ones that intertwine with other illnesses.
- **How will you use the knowledge gained from this experience in your practice as a registered nurse?**

  - To be better self aware about how to look at a person as a whole and understand that everyone has some type of struggle. And gained some insight into how to be better about communicating with psych patients.