

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.
- ❓ How did it go compared to what you expected it to be like?
- ❓ What went well?
- ❓ What could have gone better?
- ❓ Reflect on the scenario in which you were in the role of the patient or family member. How did that experience affect you?
- ❓ Did this week change the way you think about mental health? If so, how?
- ❓ How will you use the knowledge gained from this experience in your practice as a registered nurse?

My original thoughts about coming to SIM were all over of the place. I get nervous about doing SIM anyways. I don't really like doing nursing care in front of students. It makes me nervous, and I don't know why but I feel more pressured when doing the scenario in front of my peers. Although I had a good experience at my clinical location, I didn't know what to expect from a psych SIM scenario. I felt like maybe I didn't know enough of how to handle certain situations, or I did not know enough about medications to give. My SIM experience was the totally opposite of my fears and was a great experience. I think each scenario provided a different experience that we may encounter and it's good to see how to handle a situation in a controlled setting. I think for the most part everything went well. Something that could have been better was maybe my acting, but everything else seemed really organized. The role I played was the schizophrenic patient and playing that part for me felt a little awkward because I could see how uncomfortable the nurse felt during the scenario. I feel like with each week so far, my perspective of psych continues to change and so far, I am loving the education being provided. I personally don't have a lot of experience in healthcare. I didn't work in a hospital, clinic, or I wasn't a CNA before I started nursing school. But so far from what I've seen is a lack of compassion for patients and I feel like that is such an important component in nursing. I know nurses wear a lot of hats and I hope to see work conditions improve for us, but that should not get in the way of patient care. One thing I have really enjoyed seeing within the psych specialty is how compassionate those nurses are towards their patients. They make themselves available so the patients can be seen and heard. I feel like whether or not people want to admit they have a mental health issue everyone can experience anxiety, be fearful, or feel vulnerable at some point in the life and I think this knowledge can be used in any patient care situation and used outside of nursing in everyday life.