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.
  Overall, I feel like I participated and stayed engaged during each scenario. I tend to get anxious when it comes to SIM, but I was able to overcome some of that fear through being the primary nurse and a patient.

- How did it go compared to what you expected it to be like?
  I expected it to be more intense, but Dr. Harrison made it feel like a very safe and good learning environment. While some of the scenarios were intense, I still learned from each one of them.

- What went well?
  I think debriefing went well and my communication with my secondary nurse went well too. Overall, I think my scenario went okay, I just missed a few things that I feel like I shouldn't have missed.

- What could have gone better?
  I think for my scenario I should've taken a minute to slow down and think through each step, so I wouldn't have missed simple steps like taking vital signs. I tend to get nervous during any SIM scenario, so I unintentionally rush to get done rather than critically think through what needs to be done to help the patient.

- 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 the role of a 20-year-old male that had done cocaine and was withdrawing. He was experiencing agitation, depression, and some anxiety. I only played the role for about 15-20 minutes, but it was honestly tiring, so I can't even begin to imagine actually having to deal with these issues. The patient I played also just had his girlfriend break up with him, and his parents weren't very involved in his life, so it was just good insight to how these patient's brain works.

- Did this week change the way you think about mental health? If so, how?
  Although this week was just filled with scenarios, it was a good visual representation of how mental health affects a person and what kind of care they need according to their mental illness. I've always known and believed that mental health is so important, but this week just solidified how important it is that we establish connections and therapeutic communication with those struggling mentally as we would with those struggling physically.

- How will you use the knowledge gained from this experience in your practice as a registered nurse?
  Throughout this module and especially this week, I learned what true therapeutic communication looks. That is something I will practice and use for the rest of my nursing career.