

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 would like to start off by saying thank you, Dr. Harrison, for being so kind, gentle, and understanding about my unexpected emotional outburst. I was not prepared for that, and it was the last thing I wanted to happen in that setting. But thank you for showing me grace and allowing me to go through my emotions in a safe space. In regards to yesterday's participation, I could have been more involved, but I would like to think I tried my best. As for Tuesday, 09/26, I felt like I gave it my best effort and stayed engaged for majority of the time in the debrief room and scenario room. I was the secondary nurse for the scenario I was a part of, I felt that I provided adequate support to Betty, and we accomplished our task and delivered therapeutic patient care.
- How did it go compared to what you expected it to be like?
The first day of clinical went as I expected it to go. There was a lot of learning and observing, and I just expected just that. However, on the second day, I volunteered for PTSD because I wanted to do an experiment on myself. Unfortunately, it did not turn out like I expected, but I still see the experience as a positive thing, because I now realize that my reaction was something that I needed to happen without even realizing it.
- What went well?
I felt like my participation and input during the first day was up to par. I tried my best to contribute to the learning environment and stay engaged even when I did not have a role in a scenario. For the scenario I exercised with Betty, I think we did a great job at therapeutic communication, especially when the patient was aggravated and wanted to leave to have a cigarette.
- What could have gone better?

I think I could have handled the first scenario better by not forgetting to take vital signs. It would also have been helpful if I knew how quick the onset of the Nicotine patch is. The patient in our scenario asked that question and we were not able to offer an answer, making us seem unprepared.

- Reflect on the scenario in which you were in the role of the patient or family member. How did that experience affect you?

I did not run a scenario in which I was the patient or the family member, however, I have been in distressing circumstances where I was the family member. Initially it did not affect me at all, but over time, it wears on you mentally, emotionally, spiritually and everything else in between. Over time, it slowly affects your mind and well-being. You slowly question, how did I get here? Is this really my life? This is my children's life? The whole circumstance is very distressing, even though I am not the patient experiencing the symptoms, I am still 100% affected by it as the family member.

- Did this week change the way you think about mental health? If so, how?

I would say no, mental health has always had a special spot in my heart, and I've always found the topic interesting. Truthfully, I want to say I married my ex-husband because he was my science experiment and I wanted to get him to the other side so badly that I put up with almost anything. Needless to say, my science experiment turned the tables on me and made me the experiment. Mental health is very important, it affects every aspect of your life, and it should not be easily dismissed.

- How will you use the knowledge gained from this experience in your practice as a registered nurse?

I will take the knowledge I gained over the last two days and implement them every day in my nursing career. It costs nothing to be kind and understanding. You never know what everyone has on their plate and it's best to just show kindness to everyone instead of being dismissive. It also takes minimal effort to ask that extra question that could be the difference between life and death for your patient.