

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 feel like my participation in simulation this week helped me gain confidence in my communication skills as well as just my nursing skills as a whole as it was hard for me to not do all our normal simulation skills. Participating in a strictly communication lab made me realize just how much we all need to work on our communication skills with our patients and even just daily life.
- How did it go compared to what you expected it to be like?
 - I expected it to be completely different than what it was and like I was going to walk out of the simulation week feeling really incompetent in my nursing skills. This was the total opposite experience of what it actually was I feel as though all of us helped each other learn and gain confidence through the scenarios we performed.
- What went well?
 - I feel as though the entire situation went really well and was an amazing learning experience. I felt as if it was one of the safest sim learning experiences I have been apart of and felt the most confident in, in regards to my nursing skills.
- What could have gone better?
 - I personally do not think that anything could've gone better for the learning experience in sim this week besides maybe having enough students to be able to have a family member. In the same regard with this statement I feel as though the group I was with was the most comfortable I have felt in a group during sim throughout the entirety of nursing school.
- Reflect on the scenario in which you were in the role of the patient or family member. How did that experience affect you?
 - The scenario that I was the patient in allowed me to see just how much therapeutic communication actually affects a scenario.
- Did this week change the way you think about mental health? If so, how?
 - This week definitely opened my eyes to how much therapeutic communication can really change the way scenarios can go. Not only how much therapeutic communication changes the way scenarios go, how much thought actually has to go into true therapeutic communication. It also gave me an insight as to how “normal” people who struggle with some of the more complex mental issues can present and how fast they can turn.
- How will you use the knowledge gained from this experience in your practice as a registered nurse?

- o I would use this knowledge as a way to make sure that I make my patients feel validated and like they are being heard. I would use this knowledge to make sure that I focus on practicing therapeutic communication with my patients at any and all times. I feel as though using the knowledge I gained in this sim experience will make me a better nurse as a whole.