

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?

Overall, I felt like my participation in the simulation was good. I tried to stay active in the scenario and give my best effort that I was able to during each one that I participated in. I was nervous about what simulation would be like compared to other simulations, especially since it was at a new building and campus this week. I did like that all of the scenarios were picked to help us on content for the future exam and that we tried to be knowledgeable in content that we might see as nurses. I feel that it was a lot easier compared to what I thought that simulation would be like even if our patients were difficult to manage at times. I did a good job at time management and sticking to a plan of care for my patient who had anxiety. I tried to delegate in a good way and work as a team with my secondary nurse. I think that I could have done a little bit more patient education or discharge planning but I did have time to go over that when I would have come back in to re-assess the anxiety scale of my patient. I honestly was worried about the scenario that I was a patient in due to the nature of it being something that I had dealt with myself but I didn't realize until it was too late in the scenario. I still was able to feel comfortable throughout the scenario though and just avoided the words that I thought might trigger me. I wasn't feeling super well today but I feel that I did my best at staying in active participation with my peers. I do think that I had a misunderstanding of what Borderline Personality Disorder is and am thankful that I was able to be the patient for that scenario. I feel that after this week that my empathy for mental health will go up and that I did have a good experience at simulation. I hope that I can be the nurse that will give these patients

more empathy even on a day that might be difficult for them. I will use this knowledge as a nurse by trying to help catch anxiety and mental illness to be helpful to my patients in the future.