Eric Andrade   March 27, 2024

PMH Simulation Reflection

- **Describe your feelings about your participation in the simulations this week.**
    - o   I personally enjoyed the participation with other classmates, we made it the best outcome with our skills and our acting skills as well. Dr Harrison was very helpful and answered all of our concerns with each scenario that we did.

- **How did it go compared to what you expected it to be like?**
    - o   It was a bit different than I had anticipated, with the different acting out connecting to the scenarios that we were assigned to.

- **What went well?**
    - o   We enjoyed as a group working out and discussing what we would do when it was our turn to either be the primary nurse or even the observer.

- **What could have gone better?**
    - o   I feel it was exactly what it needed to be, we discussed what was happening and what to expect as a nurse before entering the patient's room, and we used our nursing judgment and skills to be able to complete the scenario. The discussion In post-conference about the simulation we did was very helpful where Dr. Harrison helped and gave us examples of what she experienced throughout her nursing career to compare things she had to do when she was in a situation similar to the scenarios that we had over the past two days.

- **Reflect on the scenario in which you were in the role of the patient or family member. How did that experience affect you?**
    - o   While acting as the patient, I did think about how difficult for the actual people who have these mental issues to live day to day with these problems that become a routine for them. How people view them and talk about them as they didn't ask to become this way.

- **Did this week change the way you think about mental health? If so, how?**
    - o   I've always been a person not to judge anyone based on skin, sex, or even sickness. This is why I wanted to become a nurse to help people that are in need, for people that cry out for help. To help educate people on why or what caused an event, and to help them to the best of my ability.

- **How will you use the knowledge gained from this experience in your practice as a registered nurse?**
    - I will use this knowledge to help others understand; that people with mental health issues are not to be looked down on, but to help another human being become well, whatever the sickness it may be we all go through problems in life. As a nurse I want to be part of the reason why that person came to feeling better, the reason why they have a smile on their face again, to be able to live life as normal as possible.