

PMH Stimulation Reflection

Savannah Barkley

IM6

I think my feelings about SIM are always the same, excited but also nervous on what's ahead. I will say, I think it was more normal feeling and almost easier to use an actual person or student as the patient instead of a mannequin. I did not feel like my heart was racing like it usually does. My scenario went much smoother than what I was expecting. I feel like I did well and handled what I could. I was able to give the appropriate medication to help the patient. I do think I could have been more attentive to the patient more about her concerns with her baby and her worries. I wish I had known the right de-escalation words or techniques more but I know that comes with experience. I played the sister (Jessica) on the Jodie Bennet scenario. It is hard to imagine the scenarios ever being a real situation but I know they are more realistic than I realize. It was stressful being the sister, I was trying to give any info on my sister I had to the nurses while also trying to calm my sister down and not totally scare the nurses! Being the family for this scenario really give me as a nurse a clue onto what exactly they are going through as well as what they want to hear from the nurses and doctors. This week for sure changed my perspective on mental health. I have learned and will continue to learn to not judge people based on their behavior all the time. Most of the time the person dealing with any mental health issues didn't choose it and are wanting help. I will use this knowledge by trying to just be kind and understanding to everyone. You never know if the person you're treating or smiling at is the face of Jesus.