

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?

I went through a lot of feelings in SIM this week. I had some anxiety. I had lots of feelings of compassion and inquisition. I faced some questions I had within myself throughout the two days and have found that only more questions have grown. I like the fact that this has happened. My curiosity has been piqued with SIM this week. I was altogether happy to face my fear and participate with my peers in working out different scenarios of mental health scenarios.

I expected to be triggered more than what happened. I am glad to have some personal experience with my own issues. I know the experience solidified my purpose going forward as a care provider. I see more and more I am becoming the person I need. I feel there are others in the same need. I bring a unique experience to the table and am glad to share what I have learned to continue to try to help.

What went well was to see how others in my peer group viewed the scenarios. I was given insight into the different approaches and suggestions of my peers. We are all a smart group, and I am glad to be a part of the peers not only in SIM but throughout the program. I feel blessed to be in the seat I am given at any location we find ourselves scheduled in.

I enjoyed the element of surprise, however maybe a before-hand expectation insight might have been nice to compare what I see now. I think overall the experience went well. The extra work might not make me a fan of the students; however, I think it might be beneficial.

I think of the scenario where I was Jessica, the sister to Jodie. It set me up for the personal experience I have in my life with loved ones. I am not the only one in my family with issues that make more sense to me now knowing this insight. I am able to stand outside and look into the situation to act accordingly for positive outcomes in my own personal life. The choice I made enriched my life experience.

This week in SIM did change the approach I take in patient care. As I go through the program I learn more and more about why the role of the nurse is important for the why of what we do is important. As an assistant to licensed care providers the work is task based. How to do and what to do. Never has the why been explained to me and I was looking for the reason for the 10 years I have been doing the practice. I am confident I made the right decision investing my time to further my education in the field.

I will trust my eyes more in my practice as a nurse care provider. That being said, I will find more in my assessments of the patients I will encounter going forward. I am happy to see there is more than just listening. Recognizing my patients as a whole person allows me to recognize myself as a whole person.