

## Simulation Reflection

I was happy with my participation this week in the SIM lab. We had a good discussion and heard good stories. I also am so glad I got a good group of people taking part with me.

I expected SIM to be stressful. I thought I would be going into the scenario unprepared due to not going over the subject in class yet, but it went well. Dr. Harrison did an excellent job introducing the scenarios and explaining how these patients would think and act.

What went well was our scenarios. I thought it was nice we all got to take part in every role. Every role had different feelings attached to it. Our discussions afterward were great. We all got to take turns speaking about how playing each role made us feel. It made us have a different understand of our patients. I also realized that I was not particularly good at communicating as I had previously thought. I had a tough time trying to think of what to say when my patient was not feeling well.

One of the things that could have gone better was my scenario. I was not prepared to use the tool I was given. I'd seen it before I just hadn't used it before. It's a little different using it on an actual person then just reading over it. I also forgot to take an apical pulse before assessing him even though Dr. Harrison had just told us to in the observation room. It was a good learning experience. I think it will be a little easier to go over the assessment tool in the future with practice, but I am glad I got to look at it. I feel a little more prepared

In the scenario where I got to be the family member, I felt I connected with her. I acted the part of the patient's sister. It stuck with me because I felt I had been in her shoes before. I didn't have a sister that was ill like her, but as the older sibling of six, I felt like I knew a little what it was like for her. I cannot imagine how tired she had to be taking care of her sister, having to work in the morning and not getting enough sleep.

This week was a real revelation for me. It made me realize how hard it was for me to communicate with a patient to really understand them. I do not really go in a room and try to learn what they are thinking. I also realized I tend to get a little uncomfortable when I have to console or try to alleviate an emotionally devastated patient.

The sim lab didn't change my opinion about mental health, but it did give me a chance to reflect on how difficult living with these things must be.

I will use this information as a nurse in the future by approaching these patients in a more empathetic way, and to try and use our therapeutic communication tool.