

During my participation in the simulation this week, I had multiple feelings. My first feelings were anxiety, fear and I was just overall nervous about being on a new campus. I was nervous about the presentation that I was going to present with my group because one of our group members had mentioned that we would be doing it in front of med students and other people that I was not familiar with which was actually not the case for our group so I had anxiety for no reason at that point. The simulation went different than I expected. I wasn't really sure what I expected. I just knew whatever it was. It was definitely going to be nerve-racking. Being the primary nurse in the simulation went well for me because I let it come naturally. I was scared that I would forget everything as soon as I went into the room, but I think I have done better than I have done in the past with these simulations.

In the simulation when I was the primary nurse, I think what I could have done better is organized my teachings better with the informed consents that overall, I did a respectable job. I did well with therapeutic communication but when I reflected on my communication skills, I would've done a couple things different like, let patient express a little more of what he was saying about PTSD and hearing bombs and and feeling like there was voices outside and feeling like he was in danger, but I do feel like I made the patient feel a little more safe and more comfortable than he was initially my role as a secondary nurse I feel like I provided some support for the patient and the nurse when it came to therapeutic communication and offering breathing techniques to the patient.

when I was the patient, I kinda just dug deep into my emotions and put myself in the scenario of how the patient was supposed to be feeling I've been through a couple of really hard break up so I knew what it felt like to just have such a deep heartbreak and be in so much pain that you don't want to be alive so I was I could relate to the character and I think I played the character a little too well. I think I kind of added some stress onto the nurse and the secondary nurse, but I do believe that the character that was provided for us is a patient that we might come across someday and we'll all have to know how to deal with it and have the skills to be better prepared to deal with those kind of outrage patients. This experience affected me positively because I got to acquire skills and therapeutic communication, and I got to perform those skills and get a little more comfortable. I guess the negative effects of the simulation was just triggers that brought up memories of my own family past and things like that. I was able to contain those feelings and just keep going with the simulation and I learned some helpful techniques that could help me in the future when it does come to, caring for patients with these mental health conditions on how to not involve my emotions and what they are going through. This week did change how I think about mental health because before when I would encounter people with mental health disorders I would kind of just be like why are you like this? Why can't you just change but now that I'm getting a better understanding of what mental health disorders, I can see that

people do not do this to their selves. They do not want to feel this way. They do not want to be this way, and they truly just want to get better, but it is simply hard to overcome these chemical imbalances in your body without treatment. I will use this knowledge and take it with me for the rest of my life and my nursing career there will be patients in every area that could have a mental health disorders and I'll have to be able to know how to identify these disorders and how to treat these disorders and how to advocate for my patient when I do notice that they might have a mental health disorder. I will be able to communicate that to the doctor I will be able to communicate that through report. I'll have better therapeutic communication skills, and I will be able to withdraw better information from a patient on how to help them and make them more aware of treatment and how it could help them.