

Going into simulation this week I was extremely nervous and did not know what to expect, especially with all of the disorders we were going to do in simulation. Overall, the simulation went extremely well, especially after I broke out of my comfort zone and allowed myself to full embrace all the learning opportunities. I feel like my scenario went well and my acting was well too. During my scenario I honestly had no idea what I was walking into with a manic patient, and I did not know how to successfully be a nurse in that situation and do my assignment. I quickly adjusted to the pace of the scenario and felt like I started to get a grasp of therapeutic communication and de-escalation all while checking off all my assessments and maintaining the patient's rights to refuse medications. During the PTSD scenario I was the patient, and I was far out of my comfort zone of acting, but I wanted to make sure I could follow along and give my classmates the best clinical picture possible. I think being the patient help give me another perspective of the situation and made me walk a mile in their shoes. I feel like that experience alone made me take a step back and realize that we are dealing with people from all walks of life and that the mind, body, and spirit are the number one priority while under our care versus just the body and the problem at hand. I feel as if this week as heavily improved my therapeutic communication through safe training and has given me insight to what I may see in a clinical setting and has given me a solid foundation to learn and build upon. This week has helped wipe my ignorance away from mental health disorders and it has opened my eyes even more to make sure I go out of my way to stay professional but develop a meaningful relationship with my patients. The knowledge I have gained through the week has given me a much better communication foundation and I now have the ability to effectively communicate with all kinds of patients and it will help me be able to de-escalate and handle situations better in the future