

Breanna Perez

TTUHSC SIM Reflection

This week in sim i feel like i actually had the desire to participate in the scenarios, i didn't dread it and get ridiculous anxiety over it. I also feel like participating helped me make connections to our lecture, for example I was the PTSD patient and when we started going over it in lecture I was thinking back to the way I was acting for the scenario. It went way better than i expected, i usually do not look forward to sim and dread going but this time i had a lot of fun. I was able to actually learn something since I didn't have anxiety about the whole thing. The scenarios went really well, I think we were all waiting for the big surprise in each one, due to past experiences we just expected for something to go wrong that wasn't expected, in our scenarios. I also would say the ability to have an extra nurse with us was beneficial because it's already nerve wrecking going in front of your peers and playing out a scenario so it definitely helped ease the nerves. As far as what could have gone better i would say having this before we went to clinicals, it would have helped so much. The simulation got me comfortable and familiar with therapeutic communication and it would've helped when initially addressing the patients at oceans and even aspire. That's probably the one thing that would've made it better was having this early on in the module. I left sim feeling so much more confident in my therapeutic communication and not to timid about it. Yes, it helped me realize that no matter the diagnosis or the state of the patient, we get to leave. We go home and live our lives, so if while we are with these patients we can make a difference in their lives, big or small, it can mean the world to them. Also, the fact that we are all human and we have feelings, sometimes our patients can make sure we feel all the feels but at the end of the day we are there to help them, so lead with knowledge not emotion, at least not too much emotion. I will use this knowledge forever, especially the "I See, You seem, Tell me" I thought that was a great form of communication and will try to incorporate it with all my patients.