

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 350 words total.

- Describe your feelings about your participation in the simulations this week.
 - I really enjoyed being able to go to the Tech campus and see their SIM lab because it was something different. I feel like I was able to contribute to my learning because the disorders that we did our simulations over were disorders that I had heard of but never knew the difference between.
- How did it go compared to what you expected it to be like?
 - I always get nervous before SIM because it's been so scary. I felt that you ran your simulation more "real life" like and it made it easier to learn and not feel so awkward when running the simulations.
- What went well?
 - I felt like everything went well and the simulation couldn't have gone any better. I felt more confident in my ability to care for a real patient. I also was happy that I was able to do SIM before the lecture because I remembered little things that you taught us while in lecture.
- What could have gone better?
 - I feel like the only thing that could have gone better was that I will go in less nervous next time and believe in myself. I find myself doubting my capability of doing good and then I do just fine.
- Reflect on the scenario in which you were in the role of the patient or family member. How did that experience affect you?
 - I was able to be the patient, nurse and secondary nurse. While being the patient in the Anxiety scenario it felt normal because I am already an anxious person. As the secondary nurse I enjoyed kind of being able to stand back and help the primary nurse when needed. As the Primary nurse I was nervous about it at first but once I got into the room and started talking to the patient I felt more comfortable.
- How did this week impact the way you feel about your ability to use therapeutic communication?
 - I feel that I could definitely use some practice with my Therapeutic Communication but this week I felt better. I learned things from other classmates that would be useful when talking to a patient and trying to calm them down.
- Did this week change the way you think about mental health? If so, how?
 - Yes. When you would talk to us about how nurses will call their patients the "Schizophrenic" or "Bipolar" and put it into the perspective that they wouldn't go around calling patients their "Diabetic" or "Knee Replacement". I liked that

because they are not defined as their disability they are just as human as anyone else.

- How will you use the knowledge gained from this experience in your practice as a registered nurse?
 - I will be able to come to patients with more knowledge on how to care for them but I will also be able to care for them from my heart and mind and not just have them as another patient but they will be another patient that I get to take care of and what a beautiful thing.