

My feelings were positive about my participation in the sim lab this week. I felt excited to go back on the second day to finish the scenarios.

I was nervous about going to sim the first day just because I did not know what to expect. In the past some of the sims have been intimidating and it made me feel anxious for our future sim labs.

It went well because we were allowed to enjoy ourselves and really learn about the diseases assigned to us. The pre brief helped so much and it allowed us to understand the disease and how to handle it. There are so many symptoms that come with psychiatric patients and Mrs. Harrison made sure we understood what to expect and how to deal with them.

I wish all our sim labs were this exciting and educational and I cannot say anything could have gone better at our sim simulation. The only thing I would add is to have more props.

The patient I was in the scenario had anxiety and I have had severe anxiety for a long time now. It made me feel good that my classmates in the scenario knew how to make me feel comfortable and help with my symptoms in a non-therapeutic way as well as a pharmacological way.

I feel confident about using therapeutic communication after sim lab. Not only trying it myself in the scenario, but I was able to see how everyone else used it in their scenarios and I could learn from experience.

This week absolutely changed the way I think about mental health. Learning more about how psychological effects can have on patients and understanding that the effects and symptoms are not controlled by them, encouraged me to want to be more patient and caring for patients with mental illnesses.

The experience I will use in the future as an RN I will make sure to help with make sure to helps patients with therapeutic communication because it can be as effective as pharmacological communication. I will also keep in mind that these patients that have a mental illness cannot help what symptoms they show.

