

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.
My feelings about SIM lab after it was completed made me feel accomplished and a little more confident. I was very nervous because I didn't have too much confidence in myself approaching something so new.
- How did it go compared to what you expected it to be like?
It went very well, I was expecting it to be more complicated but it was very thought out and it challenged me in a good way. I also wasn't sure how I would take away from it but it definitely did contribute to more confidence.
- What went well?
My scenario went better than I was expecting it to because it taught me before, during, and after how to critical think. Especially, when patients can be unpredictable, which was my case.
- What could have gone better?
I really cant think of anything that could have gone better. The scenarios were well organized, materials were easily available, and we had great teachings before about each category as a refresher. Afterwards, we then debriefed, talked about what could have been done, why did we do this, and most of all the instructor and students didn't make me feel insecure. It was a great learning experience.
- Reflect on the scenario in which you were in the role of the patient or family member. How did that experience affect you?
In the scenario of the suicidal female, having to act out the role really touched me. I couldn't relate to how someone can feel so defeated that they would hurt themselves. I've always been compassionate but this was another way to really put me in the midst and to ensure that I treat every patient the same because every story is different.
- How this week impact the way you feel about your ability to use therapeutic communication?
It definitely taught me that learning it, studying it, and actually having to encounter patients that need it can be a transition. But, participating and observing the scenarios have shined a light on that for me and I will ensure that I keep working on it.
- Did this week change the way you think about mental health? If so, how?
Yes, It really did change the way I think about mental health because it showed me firsthand how it affects these patients and their desire to get better but the issues at hand wont allow them to.
- How will you use the knowledge gained from this experience in your practice as a registered nurse?

I will ensure that I never assume, judge, or make any one feel uncomfortable. I only want the individuals to see how I truly want to help them.