

Mariah Garcia

1. I really enjoyed sim this week. I got a lot of hands-on experience with dealing with people who are emotionally vulnerable. I feel as a person I want to help people but a barrier that I have is I don't know how to talk to people. I feel like I am awkward or I just don't know what to say and this experience gave me hands on practice with what to say to a patient in distress.
2. I think it went really well I always get nervous to have my peers and my instructor watching me when I have to be the one to figure out what to do next in the scenarios. With that being said I think I did really well at staying calm trying to calm my patient and give medications.
3. I think overall the group communication was great with my peers talking to each other and with us talking to the patients and letting them know what to expect and what was happening.
4. I did forget to verify allergies but my secondary nurse reminded me so I feel like I could've slowed down just a little bit more to remember all the aspects that I needed to complete.
5. I played a patient who had bi polar personality disorder and she wanted to kill herself because her boyfriend had recently broken up with her. This experience gave me an insight to what its like to be emotionally vulnerable and it made me feel empathetic for these people I would not want to be feeling that bad and not have anyone want to help me due to bias.
6. Overall, I feel so much better and much more confident on talking to patients who are emotionally vulnerable. Now I know what to say and what words to stay away from.
7. It did change the way I think because I had no idea how in-depth mental health went, I personally was not aware that it caused real physical problems that respond to treatment and this week gave me insight on how a patient lives with these disorders.
8. I will defiantly not treat a patient with a mental disorder any different than I would a patient with high blood pressure. I will go the extra mile to understand my patient and take the time to know what it is they are feeling and what I can do to help them.