

## 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.** It was a learning experience I really enjoyed. I liked how the different scenarios were over what we've been learning and what we will be learning about.
- **How did it go compared to what you expected it to be like?** The environment and flow of this simulation was a great way to learn. It went a lot smoother than I had expected. When getting report in the beginning, you expect the encounter to go a certain way. When entering the room, everything changes. We had to critically think and change how we cared for our patient. It's similar to what we will experience as nurses.
- **What went well?** The way everyone worked together and made the scenario come alive. Having to play every role helped being able to see the different perspectives.
- **What could have gone better?** I don't have any changes I would have made. I enjoyed the learning experience.
- **Reflect on the scenario in which you were in the role of the patient or family member.** I was the patient with generalized anxiety. **How did that experience affect you?** I tend to get anxious at times and could relate to some of the patients' feelings and actions. Anxiety is something I've dealt with for some time now. I've learned ways to self sooth and help get me through when I have those feelings. The worst part for me when I feel that way, is the nausea. I get so nauseated that I start dry heaving.
- **How this week impact the way you feel about your ability to use therapeutic communication?** I now have a better understanding on how to implement the therapeutic communication techniques we have learned in lecture and sim lab. It's different reading the techniques versus having to actually put them to use. The SIM experience was a great way to get feedback with our approaches and how to improve or change the way we approach certain patients in the future.
- **Did this week change the way you think about mental health? If so, how?** I have friends and family members that have dealt with mental health issues. It has given me ways to observe how they're feeling and how to approach them based on their current state of mind.
- **How will you use the knowledge gained from this experience in your practice as a registered nurse?** I will use the knowledge learned today and will continue to learn ways to approach my patients based on their needs. Working at the hospital, I have seen several of the patients I care for show a number of these symptoms. I have noticed that many times, their symptoms get dismissed due to the busy environment. I plan as a nurse, to be compassionate and understanding with all my patients.