

PMH Simulation Reflection

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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 was excited for clinical this week. I had never been inside the sim center for Texas Tech, and was curious to see how the facility was.

- How did it go compared to what you expected it to be like?
- What went well?

It provided some real perspective on the various situations

- What could have gone better?
I noticed was slow to react in come circumstances. My phone call
- Reflect on the scenario in which you were in the role of the patient or family member. How did that experience affect you?
- How this week impact the way you feel about your ability to use therapeutic communication?
- Did this week change the way you think about mental health? If so, how?
- How will you use the knowledge gained from this experience in your practice as a registered nurse?