

## JULIE BOREN \ PMH SIMULATION REFLECTION

I was originally a little bit stressed about participation in SIM this week. I did not know whether SIM would have surprise psych issues or patients that would suddenly take a turn for the worst or do something unsafe.

I ended up being very surprised and relieved about how SIM lab went. It was a very good lab and I felt much more comfortable following. It was not as stressful as I thought it would be and I feel like I learned a lot.

I believe that everyone in the group did very well and communicated effectively and therapeutically.

I believe that I could have understood my medications better and consulted my paperwork less.

I really enjoyed being the family member in scenarios as well as the patient. I felt that my classmates were very caring and did a very good job in the nurse role.

I believe that I am much more skilled in using therapeutic communication that I was prior to SIM.

I had no idea how badly someone's mental health could affect them from simply not taking their medication. This made mental health patients much more relatable.

I believe that the use of, "tell me", is a very good communication tool that I would have never thought to use. I plan on using it with all patients as a way of making them feel heard, and also getting better information than if I had just asked a closed ended question.