

1.) Describe you're feeling about participating in the simulations this week. I am always nervous when it comes to sim days, I never know if am going to have to remember something from the past and how well I will do taking care of the patient. After being the second nurse in the first scenario. It was easier being the primary nurse in the next scenario. I enjoyed dealing with a patient that I haven't dealt with before.

2.I wasn't sure what I expected every module has done the sim days a little different. I did think it was going to be harder, and I have to memorize all the forms and different mental illnesses.

3.What went well? The whole experience went well. I enjoyed playing all the parts and trying to play the part of the patient. I feel like everyone was engaged and enjoyed the experience.

4.What didn't go well? I feel that my acting was lacking, and I could of done better at acting like I was hearing voices. This would make a better learning experience for the rest of the nurses.

5.I could not understand hearing voices in my head all day. I value my silence in my mind and hearing voices like that would be very hard on me. It gave me a inner view of what it is kind of like for the types of patients.

6. These sim days have help me understand how important and useful it is to use therapeutic communication with patients. Even though it doesn't always work to calm them down it is a starting point.

7. Yes this changed how I feel and think about mental health. I understand that a lot of the time we don't see the patient has a person and only see them as their illnesses. I also will be more mindful to look at the whole patient when I get a mental illness patient. That way nothing gets missed.

8. I will try to use therapeutic communication with all patients that I will see in my current and future practice. It is an easy technique that I often don't think about when it comes to patient care, and for that often gets missed. I will also ask how they want to be woken up form sleep.