

1. I really enjoyed simulation and I learning how to take good care of a community of people who have a negative stigma, even in the health care setting. There was a lot of team work and learning together. I think that everything was so organized and well put together and it made the whole experience flow so smoothly.
2. It went a lot smoother than I was expecting. Especially since we haven't had a lot of lectures in regards to the topic. I was worried that I would not know how to do anything with this SIM.
3. Honestly everything went well. There were some technical issues but that did not hurt the experience at all and no one is to blame for the technical issues because I do know that technology has a brain of its own and sometimes it just doesn't work.
4. There was nothing specifically that could have gone better.
5. I did not have the opportunity to participate as a family member or patient but I can imagine how hard it would have been to step into that mentality. I am also not a good actor and I don't think I would have been able to portray the patient in a correct way. I think I could have played the patient with anxiety because like a lot of people, I do have anxiety so I could relate to that patient the most. Which I think can be a bad thing because I should be able to relate to every patient even if I really don't relate to them.
6. This week has shown me that I do have the capability to have better therapeutic communication. The only problem is myself and getting in my head about how I may look by trying to communicate in a way that I never have before. But after this week, I have seen therapeutic communication is so important and it works. It helps the patient feel heard and sometimes that's all that they need in order to feel better.
7. The way I feel about mental health has changed but not drastically. Even before this week, I have known that a lot of people suffer with mental health issues and it's okay. The thing that changed the most for me, was learning how to communicate.
8. I plan on using what I learned not only in my future career as a nurse but also in my personal life. I need to be a better active listener for my friends, family, and honestly myself.