

Please reflect on your experience in the simulation this week and reply to each item below. You may add anything else you wish. Submission should be a minimum of 350 words total.

Describe your feelings about your participation in the simulations this week?

- I really like this simulation I'm not sure what was different about but it was really good way to learn how to use/ work on your communications skills.

How did it go compared to what you expected it to be?

- It went well I not sure if it was because it was a new environment or it was because it was a new topic(psych) but it was good I learned a lot from everyone.

What went well?

- Normally we are given our scenarios ahead of time to prepare. But this time we didn't but it actually went smoother than any other Sim. We got to pick our own group which gave us more confidence on doing each topic.

What could have gone better?

- I don't have any negative reviews on what could've gone better, but I'm very indecisive so I think I would've been helpful to maybe divide us up with being the patient and the nurse role but maybe it just my anxiety talking.

Reflect on the scenario in which you were in the role of the patient or the family member. How did that experience affect you?

- I was a patient for one of the scenarios and I had to make myself believe I was hearing people. It was fun but scary. When I was the nurse I was very nervous but we ended up doing pretty good. The next night I had a little PTSD from one of the scenarios, I didn't feel triggered until I went to sleep the next night. I'm okay, I thought I was over it but it has definitely resurfaced.

How did this week impact the way you feel about your ability to use therapeutic communication?

- We didn't get a lecture before going but Mrs. Harrison did a great pre brief on informing us on everything we need to know. After having the lecture it would've helped a little on some things like being clear on information. It made me a little more confident in my therapeutic communication. I struggle with communicating properly to people all the time.

Did this week change the way you thought about mental health? If so, how?

- Yes I did , I thought if you had schizophrenia that it could be fixed with medicine or something, but it can't. It can if your on drugs and you have schizophrenic episodes you stop it by stop doing the drugs.

How will you use the knowledge gained from this experience in your practice as a registered nurse?

- What I will take with me is; I see you — —, You seem— —, Tell me— — —. Also the picture to get to the building helped so so much because in module 3 we got lost and ended up absent for that clinical day. I also learned to not use the phrase "calm down" instead use "feel better". I will now try and practice this in my everyday life and not just my nursing career.