

PMH Simulation Reflection

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 felt a little nervous and unprepared as I didn't know what to expect. Overall, it went really well and it was fun and fast and I felt like I was interactive in the whole sim.
- How did it go compared to what you expected it to be like?
 - It went really well. I expected an overstimulating experience and a lot of unexpected outcomes but it went really smooth and was not as complicated as I had made it up to be.
- What went well?
 - I feel like therapeutic communication and patient communication went well. I also feel like SBAR was good. I think pre-brief and debrief between helped increase confidence and knowledge and readiness about how to go about things.
- What could have gone better?
 - I could have made sure that I got all my consents signed and prepared myself on the medication education more.
- Reflect on the scenario in which you were in the role of the patient or family member. How did that experience affect you?
 - As a patient, I felt like the nurses were very understanding and used lots of effective ways to communicate with me and help me open up. The nurses also did not push too hard and they were very safe
- How this week impact the way you feel about your ability to use therapeutic communication?
 - It has increased my confidence that I will be better situated to speak with patients and how to navigate through my words. It has also helped me be better prepared for upcoming clinical at Oceans.
- Did this week change the way you think about mental health? If so, how?
 - In a way it did. I was slightly prepared and kind of assuming of what we are going to see. However, it does open up another state of mind of how a patient is thinking and what would comfort them.
- How will you use the knowledge gained from this experience in your practice as a registered nurse?
 - It will help aide me to set myself into patient's shoes and to truly understand how they feel. It will also help me to provide appropriate comfort measures and help navigate with what I should say or do next in the patient's plan of care.