

## **PMH Simulation Reflection**

I had so much fun at simulation this week. This was genuinely one of my favorite experiences to come of SIM.

I honestly thought it was going to be way harder than it ended up being. I think past simulations kind of have all of us worried before we even walk in, so I went in feeling a little tense. But once we got the introduction and understood what we were doing, my nerves calmed down a lot. It helped me feel like I had some idea of what I was doing.

I felt pretty good about my communication and teamwork. My group worked well together, and by the second time we ran through the scenario, everything just flowed way better. The first round felt a little stiff, but the second one felt more natural, like we weren't overthinking every tiny move.

I do think confidence is something I can always work on, no matter how comfortable I start to feel. And I learned my lesson about paying attention to the small details, like remembering to get a signature on a consent form. That's something I won't forget again, because those little things really matter.

Even though I didn't play the patient, watching the schizophrenia scenario honestly made me sad. It opened my eyes to what a regular day in the hospital could feel like for someone dealing with that. It made everything feel more real and reminded me that people are going through things we can't always see. It also made me think a lot deeper about how stressful and confusing the hospital environment can be for some patients.

I feel more confident after learning the different tools and communication methods, but it's still hard for me to treat simulation like it's a completely real experience. I know with actual time in the hospital and more practice, I'll get better at that.

I've always tried to keep an open mind about mental health, and this simulation just reinforced that anyone could struggle, no matter who they are. It made me want to be even more mindful and supportive when working with patients.

I'm going to use the tools I learned, especially trauma informed care and the "I see..." communication method. I feel like those will help me anywhere I end up in the future.