

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.

This week's sim lab experience was very positive for me. I really enjoyed participating because it seemed easier than I initially thought it would be.

How did it go compared to what you expected it to be like? Going into simulation I felt nervous of what to expect and I was worried that I might not know what to do, or that I would make a mistake in front of my peers. However, once the scenario began, I realized that I was more prepared than I had given myself credit for. The experience helped boost my confidence and allowed me to see how much I have learned throughout the course.

What went well? Overall, the simulation went much better than I had anticipated. Everything seemed to flow naturally, and the teamwork within the group made the scenario easier to handle. Because we now have more hands-on experience, I felt more comfortable communicating with the patient and making decisions in the moment.

What could have gone better? If there was one thing that could have gone better, it would be having more time to go through additional scenarios. The scenarios were so helpful that I think working through a few more would have enhanced my learning even more. Each scenario presents different challenges and practicing them allows us to strengthen our critical thinking and communication skills.

How did this week impact the way you feel about your ability to use therapeutic communication? This week's simulation improved my ability to use therapeutic communication. I learned how to choose my words carefully to encourage and support patients, and how to avoid responses that could come across as judgmental or dismissive.

Did this week change the way you think about mental health? If so, how? This experience changed the way I think about mental health. It opened my eyes to some biases I didn't realize I had, and it reminded me how crucial it is to approach every patient without judgment.

How will you use the knowledge gained from this experience in your practice as a registered nurse? As a future registered nurse, I will use this knowledge to provide respectful, non judgmental care while maintaining patient confidentiality and dignity.