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This week, I participated in a simulation lab with my peers, where we participated in four scenarios revolving around patient care

I personally don't believe I had any great accomplishments this week, because each time I partook in a simulation, the simulated patient's condition seemed to get worse and worse. My greatest difficulty this week would have to be how I basically froze under pressure. Every time the scenario changed, I froze or made careless mistakes, even when I thought I was performing the right plan of action. I do not believe I made any accomplishments in terms of bioethics; I just gave the simulation my best even if I made many mistakes.

In terms of technical skills, I was the one who demonstrated usage of the defibrillator and partook in providing quality chest compressions to the patient, though I was careless in my counting and in my contact with the patient during defibrillation. In terms of holistic care, I tried my best in providing care throughout the simulation, even though I still made many mistakes when providing that care. In terms of interpersonal communication, I did my best to communicate with my partners throughout each simulation.

A bible verse I utilized for meditation would be Jeremiah 29:11 "For I know well the plans I have in for you, says the Lord: plans for your welfare, not for woe! Plans to give you a future full of hope." (*Fireside Catholic Youth Bible: New American Bible*, 2004, Jeremiah 29:11). I utilized this passage because it assures me that the Lord has great things planned for me and my friends, despite our failure. I showed initiative to pray by praying for myself and my friends in order for us to learn from our failures and for our success in order for us to succeed in our studies. In terms of