

## Reflective Assignment MH1 SIM

During the auditory hallucination simulation, I felt very disorganized and overwhelmed while listening to the voices while trying to complete other tasks. Part of me wanted to stop what I was doing to listen to what the voices were trying to say, but another part of me was trying really hard to focus on the tasks at hand. My memory was also foggy from the background noise, I was not able to fully focus on what I was told to remember at the beginning of the exercises. Some cognitive impairments that I experienced were the inability to concentrate, distractedness, distorted thinking and overall confusion. The emotional discomfort I felt was stress, anxiety, and frustration. It was very annoying and overwhelming to not be able to just shut off the voices while trying to direct my focus to one thing at a time. The physical discomforts included some tension in my shoulders, which I tend to do when I feel stressed. I'm sure my heart rate increased during the simulation as well due to the stress. Although I was able to complete the tasks that were asked of me, I think that I would have been able to do them much better if I didn't have the distraction of the voices in my head. It was very difficult to think of responses to questions asked of me and also extremely difficult to read and comprehend words. This experience definitely changed my view of people with schizophrenia. Before this simulation, it was hard to understand or anticipate exactly what type of hallucinations people might be experiencing. It showed me a glimpse of how the voices can be scary and seem very real to our patients. My empathy increased since I was able to experience a short clip of what my patients might be going through on a constant, day-to-day basis. Going forward, this will impact my practice as a future nurse by knowing different ways to communicate with patients experiencing hallucinations, and understand that these people aren't able to just "shut-off" what they are hearing like we were able to do. I would most definitely recommend this experience to other students. It was a very

original simulation experience and I think it will impact the practice of other future nurses in the same way it did for me.