

Elani Russell

During the auditory hallucination simulation, I felt very overwhelmed. I could not concentrate on anything because my mind seemed to already be filled with other voices. I definitely got confused at times, and I was unable to focus on the task given. I could focus for a short time at first then it was so easy to get disoriented and off track and once I was off track it felt impossible to get back on track. I did feel myself start to get stressed out and have the fear I was going to fall behind. Since it was in the back of my head for only 13 minutes as opposed to constantly like some people have to, I feel like I was not as stressed or angry as I would be if I did hear it continuously. I feel like it would be very easy to be on edge a lot and get so frustrated easily. Also since most of the noises in the background were telling me I was stupid at times I could see myself drifting off and wondering why those things were being said and just drift down a thought completely off topic than what I should be focusing on. I did start to get a headache towards the end, my mind was filled with so much thought and sounds, I could tell if I listened much longer I was going to get restless as well.

I feel like I accomplished the tasks about 40%, I was able to remember 3/5 words and 4/5 numbers but the questions that required more thought I struggled more with. I was not able to read the article but instead skim through and simply just find the answers.

This did change how I see people with schizophrenia. I feel like it will make me have more patience with them and think about how I would react now that I know what might be going on in their head. Before this it is not like I have no empathy for people with schizophrenia, but it made me see this in a different perspective considering I really did not know what to do when I was listening to the voices and they hear them all the time. It really makes me feel bad for them. It will impact my practice as a nurse, the more information I learn and feel for myself I think will help me be more patient with my patients that struggle and see things from their shoes. I would recommend this experience to other students. I think

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it is a good idea for them to see how it feels and get their own perception on schizophrenia and how they would want to be helped by the nurse, might make them treat the patient like that.