

Sydney Auen

MH SIM Reflective Assignment

- During the auditory hallucination simulation I felt very overwhelmed. I was unable to focus and I felt like nothing I was doing or being told was clicking into memory.
- For cognitive impairment, I was unable to focus. I also had difficulty understanding both the instructions for the paper airplane and all of the article. It was difficult for me to make answers on the worksheet because I just could not think.
- For emotional discomfort, I was overwhelmed, however, if this wasn't in the class and I was alone in a room I may have felt many more emotions like anxiety, stress and even feelings of being tormented.
- For physical discomfort, I was starting to get a headache from being forced to listen to the voices along with listening to the instructor and also trying to read the questions/article to follow the directions.
- I was not able to finish all of the tasks that were asked of me. When it came to making the paper airplane with the picture instructions, I was stuck. I was able to remember all of the numbers but I was unable to remember all of the words that I was supposed to.
- This experience did change my views on schizophrenia patients because it will make me have more empathy towards the patient.
- This did increase my empathy for patients struggling with this. Also, the negative words being said could be hurtful as well, especially for someone that can't just click pause.
- This experience will impact my practice as a future nurse because I will be able to interact with these individuals better and try to be more patient with them as well.
- I would recommend this to other students to help with empathy when becoming a nurse.