

Kasey McNatt

A. During the auditory Hallucinations simulation, I felt very overwhelmed and overstimulated. It was very difficult to concentrate or hold a thought, and it made me realize what many people go through on a daily basis.

B. I did have some emotional and cognitive discomfort during the simulation, and I think if we listened for a longer period of time I would have physical discomfort as well. For emotional discomfort, it felt stressful and a bit frustrating when I couldn't hold a thought, answer a question, or follow directions. For cognitive discomfort, I was not able to fully concentrate, and I felt very distracted. As for physical discomfort, hearing that for an extended period of time would definitely be exhausting and probably give me a headache.

C. I was able to accomplish most of the tasks, and some were partially done. Answering the questions about schizophrenia was a bit difficult because trying to remember information when you are hearing things completely unrelated was hard. The paper airplane directions were already difficult, and when adding the voices and difficulty focusing, it made it even harder and it was halfway done when the time was up. When trying to read the article I couldn't focus, so I just skimmed for answers.

D. This experience did change my view about people with schizophrenia because as much as we discuss it that only goes so far, so being in their shoes just for a few moments really helped me more deeply understand them.

E. This definitely helped me gain empathy and realize how I can change when interacting with these patients to better suit their needs.

F. yes, this experience will impact my practice as a future nurse because I can try to better anticipate the patient's needs based on the type of hallucinations they are having, and try to accommodate them better.

G. Yes, I would very much recommend this experience to other students.