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I thought this exercise was a very impactful way to increase understanding and compassion when interacting with a patient who may be afflicted with schizophrenia. During the simulation I could not focus for more than a few seconds. I stated to get overwhelmed and wanted to just get a break for a moment to form a thought. It was nearly impossible to get through any of the directions or accomplish any of the tasks that were asked of me. I thought that the all consuming nature of the voices were obtrusive. Eventually I got to a point where I was unsure if I should keep going and partially complete the tasks or if it was better to just stop. It was stressful and frustrating to go from being able to sit and concentrate to not being able to even form a coherent thought for one second.- I do think that immersing myself into that simulated hallucination was a very important tool. I now can speak to a patient who has the diagnosis and have some empathy for what that constant bombardment of sounds feels like. I know how frustrating and obtrusive thoughts.

I would say this simulation is one of the more impactful ones because it is so immersive. I would love to see this continued in the future. I know that personally, I will take time to pause and really reevaluate how I interact with patients (even if they do not suffer from a mental health condition). I know that sometimes I get too focused on what I am trying to accomplish instead of taking a moment to look at the situation from a place of empathy. I do think that this gave me an opportunity to really have a great exposure to what it feels like to have voices constantly harassing you. While most of us will not go into mental health nursing exclusively, it is so important to know what another human may be dealing with. Thank you for the exposure and the safe opportunity to experience what a schizophrenic patient deals with on a daily basis. Please continue this in the future.