

MH1 Reflective Assignment

During the “Auditory Hallucination” simulation, I felt overstimulated. All the different sounds and phrases were a lot to take in especially while attempting to complete the assignment questions.

I felt that I experienced cognitive, emotional, and physical discomfort. For cognitive discomfort, I was unable to concentrate and was distracted when answering questions. For emotional discomfort, I felt overwhelmed and a little stressed that I would not remember numbers or words said to us. Lastly, as far as physical discomfort included headache/head pressure.

I was able to accomplish the tasks at hand however, it was difficult at times with the competition of thoughts and the talking in the background.

I feel that this assignment did change my perspective of schizophrenia people for the better. I feel more sympathy for these patients when providing care. I feel that I will also be less frustrated when they have difficulty completing tasks due to their hallucinations. Although this simulation is not exact to hallucinations that individuals experience every day, it opens your eyes to what they experience. I am grateful that I was able to take out my earbuds and stop the hallucinations although this is not the case for individuals who truly experience hallucinations.

As an aspiring ER nurse, I will encounter a patient who is in an acute hallucination state. I will always think back to this assignment and remember how I feel.

I feel that other students and nurses should do this assignment as well. This assignment would change their perspective and care just as it did for me. This assignment would help to reduce frustration when providing care for a patient who is hallucinating.