

Reflective Assignment

During the auditory hallucination simulation, I felt like there was just a whole bunch of noise in my ears. I deal with a lot of noise at home on the regular, so that's why it seems like just noise to me. In my house there is usually a tv playing, music, parents on the phone, and a blender on. So, when I am in silence, I feel like I get voices in my head to simulate noise because I am so used to noise all the time. I sometimes get those intrusive thoughts, but I never follow through or take them seriously. For somebody with schizophrenia with double the voices on top of the intrusive thoughts I now understand how this can be harder to manage and differentiate which voices are positive and real. I didn't have any emotional or cognitive impairment, but I did get physical discomfort. I felt like the sounds began to overstimulate me when trying to remember the numbers to write on the paper. My head started to hurt when trying to keep repeating the numbers in my head to remember them while the voices were also speaking. I was able to complete the worksheet and still do the work because I was fine with the noise until I needed to remember things. This experience gave me a better inference on patients with schizophrenia. I can now better put myself in the patient's shoes since I experience just a bit of what there experiencing in their everyday lives. This simulation increased my empathy for a schizophrenic patient now that I have insight of what they would be dealing with. I now have a better understanding when taking care of patient with schizophrenia to have patience. This exercise will benefit my practice as a future nurse for the great insight it provides to understand the hallucinations a schizophrenic patient could be experiencing. It improves the variety of interventions I will be able to implement when caring for a patient with schizophrenia. I would recommend this experience to other students because of the benefits and insights it provides. This experience better educates and prepares a nurse taking care of a patient with schizophrenia.

