

During the auditory hallucination simulation, I felt like it was very hard to understand the instructions that were being given as well as memorizing numbers and words. I had cognitive impairment, emotional distress, and physical discomfort throughout the stimulation. Some examples of cognitive impairment that I felt were distraction, and my thinking was distorted. I could not remember interventions for a paranoid person when we had just talked about that prior to the simulation. I felt emotional discomfort such as stress, frustrated, and felt stupid during the simulation as well. Not only I was getting behind from trying to count rate but the voices being heard were not nice. I also felt overwhelmed when trying to remember things and then make a paper airplane. A simple task like that would normally be easier for me but it really goes to show that patients with schizophrenia have a hard time and may need extra time and patience. I felt physical discomfort because I was tense the whole time and was trying to do things on command but the voices in the back were very distracting. I could also feel my heart rate go up throughout the simulation. I was not fully able to accomplish the tasks asked such as remember the 5 words, make a paper airplane, and remember 5 numbers. It also took me a lot longer to try to concentrate and gather my answer for the questions. This made me really think about how people with schizophrenia feel and what it's like in their perspective. People diagnosed with schizophrenia may feel stupid at times when they really aren't or feel discouraged because of what others may think of them. This increased my empathy because you can't always tell what it's like in other people's perspective in public or even in a healthcare setting. This exercise will impact my everyday nursing care as a future nurse and will make me remember to be patient. If you take the extra time with a patient and help them accomplish daily activities, it could really

mean a lot to them and make a difference. This simulation experience made a great impact on me and I would recommend other students to complete the simulation as well.