

During this “Auditory Hallucination” simulation, I felt incredibly overwhelmed by how many voices spoke simultaneously. It became increasingly difficult to carry out tasks and follow commands throughout the simulation. Specifically, I felt cognitive impairment when trying to focus on the instructions for how to make a paper plane. It felt like I had to work twice as hard to follow the picture in front of me. Every moment I heard the voices give a command I would lose my train of thought. While reading the article I felt physical discomfort like entrapment, I wanted to shut off the voices immediately so I could read in peace. I felt heavy emotional discomfort the entire time, I struggled with anxiety, and I could feel my heart racing as the voices went on and on. I could concentrate on the words Dr. Baich had laid out for us to remember, and I felt hurried or rushed.

This experience brought to light how many people with schizophrenia go through during a psychotic episode or their daily lives. I cannot imagine how they could carry out their daily activities without losing. I would say that this has increased my empathy for people who live with this disease. I can understand it would be extremely difficult to focus or not simply want to listen to what the voices have to say out of curiosity. I think about how unsafe it must be to have those distractions going on and try to drive or walk down the street and risk causing an injury to yourself. I would highly recommend anyone in healthcare go through this simulation to have a better understanding of how people with this disease survive. I find this to be exceptionally important to experience no matter where you end up working, because we may take care of a patient who is being seen for other comorbidities that also suffer from schizophrenia or other psychiatric disorders. It is critical to know your patients and what they need to provide the best patient-centered care.