

During the “auditory hallucination” simulation I felt overwhelmed. I felt like I couldn’t focus on the task at hand I did experience cognitive impairment such as unable to concentrate, distracted and difficulty understanding. As far as unable to concentrate, I felt like I was constantly going back and forth between the task at hand and the voices. I was very distracted while trying to read the article hearing the voices in my head to the point of not being able to read and just started skimming the article for the answers needed for the assignment. Difficulty understanding came into play when trying to recall the words and numbers, at first I just kept repeating them in my head but once my focus shifted to the voices and assignment it was hard to recall all the words and numbers. I did find it was easier to recall the numbers more than the words because the voices didn’t have any numbers so it stood out. The emotional distress consisted of anxiety of not being able to complete task that I normally can without the voices and devalued because the voices kept saying “stupid” and becoming frustrated when not able to focus it was easier to believe the voices. The physical discomfort of just restlessness and increased heart rate when I wasn’t done the assignment when it was time to move on to the next part.

This simulation changed my view on people with schizophrenia and how hard it truly is to focus on task with multiple different voices going on at the same time, its very easy to follow the voices when you become overwhelmed which makes me understand why people with schizophrenia end up doing harmful things because the voices tell them to. This exercise impacting my practice as a future nurse to allow me therapeutic ways such as talk slower. I would recommend this simulation to all students to truly allow them to step foot in potentially one of their patients’ shoes since you aren’t able to do it in person and be able to see the world they live in each day and allow for you to become a better advocate for your patient with schizophrenia.