

Reflective Assignment

During the Auditory hallucination simulation, I felt like I could not focus on anything at all. I kept switching back between what the voices were saying and what directions you were asking us to complete. During the simulation I did experience cognitive impairment and physical discomfort. I had difficulty concentrating and I was very distracted. I felt like my heart rate increased when the voices told me to jump in front of the car. I was unable to accomplish all of my assigned tasks. I was able to answer the first two questions but it was like I was struggling to think when trying to answer the 3rd question. I did not finish making the airplane. I do not know if that was because of the voices or because I have never followed directions that were so difficult, but I only made it to the third step in the directions. When remembering the words and numbers I was able to remember 2 words and 3 numbers. The article was probably one of the most difficult tasks because I found myself rereading the same line repeatedly because I could not focus on what I was reading due to the voices. I was only able to answer the first two questions and I never finished the entire article. This experience did change my experience of people with schizophrenia because I knew that they could hear voices but could never understand how they felt or how easy it is to become distracted or feel overwhelmed by them. I will definitely take this experience with me as a future nurse and increase my empathy towards patients with schizophrenia and be more patient with them. I will recognize that they have something that they cannot control and that more people should be more understanding and patient with them. I do recommend that other students experience this because it kind of gives you an idea first hand what people with schizophrenia go through.