

Mental Health Simulation Reflection

I felt overwhelmed during the “Auditory Hallucination” simulation. This simulation was not like anything I had experienced before. I had cognitive impairment during the simulation such as unable to concentrate, difficulty understanding what I was reading, and my thinking was distorted. Some signs of emotional discomfort that I felt were vulnerability, trapped, stress, and anxiety. Signs of physical discomfort that I felt were increased heart rate and a headache. I was not able to accomplish all of the tasks asked of me. I was able to remember all of the numbers, however I could only remember three of the words. I felt like I was barely able to form sentences to answer the questions on the paper. This experience did change my view of schizophrenia because I can better understand what is going on in their head while I am talking to them. I never realized how hard it can be to hear such harsh things and still be able to communicate with others. I could not imagine the pain and suffering of always hearing voices or hallucinations without being able to turn it off. This experience did increase my empathy by opening my eyes to a new perspective that I would not have thought of before. If I was in the patient’s position I would hope that someone would have empathy with me and take the time to understand what is going on in my head in order to help control the disease process. This exercise will impact my practice as a future nurse because it is hard to understand what people are going through, so just having an idea can help open my eyes as a nurse when I am having difficulties. I feel that it is easy for nurses to just categorize someone as “crazy” instead of taking the time to fully understand the disease and what is going on in the patient’s head. I would recommend this experience to other students because it truly changes the perspective of people with schizophrenia and how they cope with this disease process.