

Kimberly Joseph MH1 Simulation Reflection Questions

The Mental Health simulation was a unique clinical designed for us as nursing students to reduce our stigmatization and prior beliefs of schizophrenic clients. During the “Auditory Hallucination” simulation I felt very overwhelmed and had to eventually stop what I was doing which caused me to listen in to what the voices were saying. I felt cognitive impairments such as being confused on what I was supposed to be doing and often was unable to concentrate. There was much emotional discomfort such as being very anxious because of all the background chaos I was hearing, this in turn caused me to feel stressed out. Some physical discomfort includes an increased heart rate because I was attempting to multitask and could not focus on just one task, therefore, I ended up being very overstimulated throughout the simulation. I was unsuccessful at my many attempts to complete the paper airplane, to remember the words and numbers assigned to remember.

This experience changed my view because even though I grew up with schizophrenic brothers and they told me what it’s like, it was definitely an eye opener and life changing because for the first time I got to be in their shoes to hear what life is like for them. As a result, this increased the empathy I already had for them, because now I’m thinking my brother who passed away got to turn off the “voices” when he passed away. I got to see what the torment is like for them, and it increases my patience when dealing with my surviving brother. This will impact my practice as a future nurse to just build on the foundation I already have and be the "sister" or possess the empathy that I already have and be able to help someone cope and feel like they are seen and “not crazy”. I would recommend this experience, not just to other students, but to all staff members and people in the community to reduce the stigmatizations society has placed to these individuals suffering from Schizophrenia.

