

Nicholas Vitella

Reflection Assignment

Mental Health SIM 1

During the Auditory Hallucination simulation I felt uncomfortable not only hearing the voices but also the inconsistency that accompanied it during the experience. The voices would say conflicting statements, as well as subjects that did not make any sense and just repeated them. At first the voices were so loud I could not receive the words given to me to remember. I am curious how loud it actually is for patients suffering from schizophrenia. I definitely experienced cognitive impairment the most. I was unable to concentrate which hurt my capacity to memorize the numbers that were also given to us. While reading our assigned article the voices kept taking my focus away from the paper, making it harder to focus and taking me longer than normal to finish reading. When I was trying to make the paper airplane, I could feel my brain wasn't able to function properly from trying to understand the instructions and the voices being spoken to me. I do not think I experienced as much emotional and physical discomfort because I knew the voices were not real and it was for such a short duration. If I had to listen to the audio all day I think I would experience more discomfort on these levels. This experience changed my view of people with schizophrenia because of how I now imagine their mental status after dealing with these debilitating effects of this disorder. Since I got this tiny window through a fraction of what they go through and how they feel has definitely increased my empathy for people with schizophrenia. This will impact my practice as a future nurse from having a better understanding of what kind of care a person with schizophrenia needs. I would probably recommend this experience to any nursing student and probably a longer duration to feel fully immersed.