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1. During the “Auditory Hallucination” simulation, at first it was uncomfortable hearing voices talk to you. Then when we had to remember words, I tried to focus to at least 2 words but after a while I forgot. Throughout it I felt creeped out, it was voices saying “shhh” or just random noises, it didn’t let me concentrate.
2. Cognitive impairment: At first I tried my best to concentrate on my own mind, but after a while I was unable to concentrate and got distracted. Especially when we had to read the article and the room got silent so it was only me and the voices, I wasn’t able to read or think. Emotional discomfort: I felt on edge, vulnerable, trapped, overwhelmed, all those emotions bc I wasn’t able to put it aside. Physical discomfort: I felt physically uncomfortable that there were voices in my head that weren’t mine and I couldn’t control it so there was some tension.
3. It was very hard to accomplish the tasks especially remembering the numbers or words, I could only remember 2 out of 5 at the end. The airplane tasks made me frustrated where I had to try my hardest to put the voices aside and focus my vision and mind to the paper. Overall, it was hard.
4. This simulation definitely changed my view of people with schizophrenia, empathy increased and I just can’t imagine hearing voices all day. Especially driving, it would be hard to focus on multiple things at once.
5. Yes, my empathy increased. It’s hard to imagine someone going through that and they don’t have a choice but to deal with it. Yes, it will impact my practice as a future nurse. My patience definitely grew for them, and I know that even if they say “huh” frequently it’s because they have many more voices that they’re hearing. I highly recommend this

experience to other students, it changes your mindset and think differently of others, also helps to be grateful that we only have our own voice in our head.