Assessing Cognitive Load in Crisis Simulation

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Let me tell you a story...
Sympathetic Nerve System vs. Parasympathetic Nerve System

**Sympathetic System**
- Dilates pupils
- Inhibits salivation
- Relaxes bronchi
- Accelerates heartbeat
- Inhibits peristalsis and secretion
- Stimulates glucose production and release
- Secretion of adrenaline and noradrenaline
- Inhibits bladder contraction
- Stimulates orgasm

**Parasympathetic System**
- Constricts pupils
- Stimulates flow of saliva
- Constricts bronchi
- Slows heartbeat
- Stimulates peristalsis and secretion
- Stimulates bile release
- Contracts bladder
Heart Rate Variability

2.5 seconds of heartbeat data

TestEdge, Lesson 9

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NASA Task Load Index
Thank you!

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