

IM 6 Guided Reflection Questions

Hearing Voices That Are Distressing

1. How has this experience influenced your perception of people who hear voices that are distressing? **This experience opened my eyes and mind to how hard it is to hear something constantly and not be able to do anything about it. My perception now is that I have a better understanding that the patients cannot do anything about what they hear. They are not intentionally being difficult etc. it is their mind causing them to hear things.**
2. Give a detailed account of which activities you found most difficult during the voice hearing experience. (Computation, puzzles, reading, writing, patient teaching or interview questions). What was it that you found difficult about this activity? **The most difficult activity for me was the reading and comprehension. It was very hard to concentrate on what I was reading and very hard to retain the information. The writing activity was also hard because I was trying to think of the words to write down but they were not coming to my mind. I wasn't able to write down much because the voices were preventing me from thinking of the words to write down.**
3. What are some communication strategies that you could use with a patient experiencing hearing voices that are distressing? Be specific and give examples. **At times tell the patient to tell the voices they hear to go away so that I will be able to communicate with the patient. While I'm with the patient in a calm manner tell the patient, can you tell the voices you hear to go away for a bit so that we can have a conversation?**
4. What are some assessment questions that you would anticipate asking a patient for whom you are providing care and who is experiencing unwanted auditory hallucination? List at least 3 questions. **Are you hearing voices? What are they saying to you? Are the voices upsetting you?**

5. What are some therapeutic nursing interventions that might be used for a patient who is experiencing unwanted auditory hallucination? **Maintain a calm milieu free of overstimulating activities. Help the patient identify times and situations when hallucinations are the most prevalent. Assess for signs of increased anxiety, fear or agitation and intervene as soon as possible.**

6. How will this experience influence your future nursing practice? **I will be more understanding to a patient that hears voices. I have more empathy for these patients.**