

## 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?
  - a. This was a very eye-opening experience. Many people can learn about a particular disease and know its characteristics, but you can never fully understand how someone with the disease feels until you are in their shoes. I believe this simulation experience did a great job of showing us just a small glimpse of what they go through each day. It changed the way of how I view people who hear voices.
  
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?
  - a. The two tasks that were the most difficult activity for me were the puzzles and the reading. During the puzzles I got very discouraged and frustrated because I could not figure it out and, then to top it all off I had a voice in my head telling me that I was not capable of doing anything. The reading was difficult because I already do not enjoy reading and the voices made it harder to stay focused and comprehend what I was doing.
  
3. What are some communication strategies that you could use with a patient experiencing hearing voices that are distressing? Be specific and give examples.
  - a. One strategy could be to communicate a small amount of information at a time just so they could take a break and refocus. Another strategy would be to address important information first and have them repeat that information back to you. If you are teaching a skill, I would have them demonstrate it back to me, so I would know they understand what is required.

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.
  - a. How long do the voices last?
  - b. What are they saying to you and are they voices or sounds?
  - c. How does what the voices are saying make you feel or affect your self-esteem?
  
5. What are some therapeutic nursing interventions that might be used for a patient who is experiencing unwanted auditory hallucination?
  - a. Several nursing interventions that can be done are to distract them with something fun like painting, dancing, exercising, or listening to music to take their mind off the voices in their head.
  
6. How will this experience influence your future nursing practice?
  - a. This SIM experience influenced my nursing practice in a very positive way. It completely opened my eyes as to what these patients deal with on a day-to-day basis. It also allowed me to have a better understanding of how to establish a therapeutic relationship with my patients and have empathy for them. Although I will never understand how they truly feel, after this experience I will be able to relate to what they feel.