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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?
 - I can understand now that these voices are very real to the person experiencing it. It can be very distracting and difficult to ignore. If the person listens to these commands they are hearing it could put themselves and others in danger. I think I will find it easier to understand how overwhelming these voices can be for the patient and be more patient and compassionate with them.

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 math was difficult because the voices were basically yelling at that point. I had to keep trying to block them out while trying to add and subtract. The other difficult one was reading the article and trying to answer the questions. I had to go back through the article to find the answers and the voices were pretty distracting while trying to locate key words.

3. What are some communication strategies that you could use with a patient experiencing hearing voices that are distressing? Be specific and give examples.
 - Remaining calm and patient with the person is very important. Not panicking about what to say or how to handle the situation, and tell the patient that you are aware they are hearing the voices, but you do not hear them and the voices cannot harm them. Just sitting with the patient when

they are feeling distressed from the voices can be helpful and make them realize they are not alone.

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 the voices coming from someone you can recognize?
 - Are the voices telling you to harm yourself or others?
 - Can you resist the commands of these voices?

5. What are some therapeutic nursing interventions that might be used for a patient who is experiencing unwanted auditory hallucination?
 - Listen to the patient
 - Help reduce anxiety by decreasing stimulation in the room
 - Simply respond to the situation rather than trying to interpret it
 - Sit with the patient quietly or having a light conversation

6. How will this experience influence your future nursing practice?
 - Realizing that patients who experience hallucinations cannot always control them, and that hallucinations are different for every person who experiences them. I will be patient with the person, because they may not be able to give me their full attention when providing care, due to the overstimulation the person deals with. I will use therapeutic communication to reorient the patient to reality and decrease their anxiety about the voices they hear.