

Hearing Voices That Are Distressing

Guided Reflection

1. How has this experience influenced your perception of people who hear voices that are distressing?

I could never understand how one person could not distinguish between hearing something or seeing something that was imaginary vs reality. My perception has changed to be more of a positive view. I could not imagine having to live like that every day and not be able to turn it off at any time. I now know that this can be a coping mechanism from stress or fear. I know if at any point I do have a patient that presents with auditory hallucinations I will do all I can to show support, to try and learn where it all stems from and provide compassion.

2. Give a detailed account of which activity you found most difficult during the voice hearing experience. What was it that you found difficult about this activity?

I honestly did not find any activity difficult. I have ADHD and usually work better with something going on in the background. It's like it gives my ADHD brain something to ignore so I do not get distracted, and I am able to finish my task at hand.

3. What are some communication strategies that you could use with a patient experiencing hearing voices that are distressing? Be specific and give examples.

Don't deny the persons experience, suggest you own perception

Example. I don't hear anything but I can understand that it may be difficult or unpleasant for you. Can you tell me how you are feeling at this time.

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.

Do these voices influence your actions?

Do they encourage you to harm yourself or others?

How do they make you feel?

5. What are some therapeutic nursing interventions that might be used for a patient who is experiencing unwanted auditory hallucination?

Using cognitive behavioral therapy to help realize how the voices make you feel instead of why they are hearing voices.

Using a distraction technique such as watching TV, listening to music with headphones.

Develop a therapeutic relationship so that you are able to help the patient and family understand the importance of therapy.

6. How will this experience influence your future nursing practice?

This has helped me to understand that these patients just need to be able to communicate with someone and the importance of giving that patient your time. We all know that in nursing we are constantly busy going from this task to that. However there are some patients that you need to slow down and realize they may need someone just to listen instead of the medications.