

Akiela Sanders

1300 Nursing Module

Hearing Voices That Are Distressing

Guided Reflection

1. How has this experience influenced your perception of people who hear voices that are distressing?
  - This is experience really made me feel sympathy for them, this exercise was hard especially when trying to focus on different things.
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 did the word search activity and I completed it, but it was hard when I had someone in my ear saying look down. It was hard finding the letters for the word when it felt like my brain was trying to concentrate on, he voices.
3. What are some communication strategies that you could use with a patient experiencing hearing voices that are distressing? Be specific and give examples.
  - I would give them something to listen to like a song or a movie. I would let them know that even though they hear the voice that I do not , and that they are in a safe place.
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.
  - What are the voices telling you?
  - How are the voices making you feel?
  - Is there anything you do to cope with the voices?
5. What are some therapeutic nursing interventions that might be used for a patient who is experiencing unwanted auditory hallucination?
  - Getting them to listen to something like music or movie.

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

- This will help me better understand how patients with mental illness feel and how to be nonjudgmental towards them. This will also help me not to be afraid as the patient is the one that has to deal with the mental aspects of their disease and to just be there for them as they go through this and help them cope and keep them safe as a priority.