

Hearing Voices That Are Distressing

Guided Reflection

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1. How has this experience influenced your perception of people who hear voices that are distressing? This gave me a different perspective of what people who live with this every day go through.
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 went to the bathroom during this exercise, someone was trying to speak to me. It was very difficult to hear what they were saying to me over the voices coming from the video and try to think of how I wanted to respond. I was tempted to just hit pause on the video, but refrained to be able to get the full experience of the simulation.
3. What are some communication strategies that you could use with a patient experiencing hearing voices that are distressing? Be specific and give examples. Include patient as much as possible in their own care and explain tests, meds, etc. to promote trust. Increase supervision and decrease stimulus. Ask directly about what they are hearing. Focus on what the patient is feeling.
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 you hearing right now? Who is speaking? What are they telling you? Are you hearing good or bad things? Are you hearing any command hallucinations?
5. What are some therapeutic nursing interventions that might be used for a patient who is experiencing unwanted auditory hallucination? Check

orders, possibly a short or long acting med, Milieu (quiet/ calm environment). Clarify what they may be hearing. "that must be really scary for you."

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

I will approach patients dealing with this with much more understanding and empathy for them.