

Brandi Mitchell

Hearing Voices That Are Distressing

Guided Reflection

1. How has this experience influenced your perception of people who hear voices that are distressing? I can't imagine what they go through on a day to day basis. We are able to control the volume of how loud and they cant.
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 tried to block out the voices as much as possible by trying to focus on doing my drug cards. But the constant whispering and the talking over the whispering made it difficult to concentrate at times.
3. What are some communication strategies that you could use with a patient experiencing hearing voices that are distressing? Be specific and give examples. Giving them more time to express their feelings and to answer questions or by doing breathing exercises with them if they become overly anxious or distracted, taking frequent breaks
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. Describe how you are feeling today? How do those emotions make you feel? Do you feel like harming yourself or are you feeling threatened in any way?
5. What are some therapeutic nursing interventions that might be used for a patient who is experiencing unwanted auditory hallucination? Breathing exercises, drink of water, notebook and paper for them to write their thoughts down, giving them time to answer questions, being a good listening for them, not judging them because no one chooses to be this way
6. How will this experience influence your future nursing practice? More patience and empathy than I already have for my patients.