

Guided Reflection

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

It makes me sad that people experience this daily

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? At the beginning after the music. When the voices started it distracted me from what I was doing. It was like I almost had to listen to what they were saying

3. What are some communication strategies that you could use with a patient experiencing hearing voices that are distressing? Be specific and give examples. Distract either spiritually, listening to music and even support groups. Spiritually can be praying about what one is going through, listen to soft easy music, and find support groups with other people who hear voices and this could help how others cope with it.

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 you hear tell you to hurt yourself? What are the voices telling you? How do the voices make you feel? Do the voices you hear have names?

5. What are some therapeutic nursing interventions that might be used for a patient who is experiencing unwanted auditory hallucination? Provide safety if the voices are telling one to harm themselves. Assess their ability to think and communicate. Develop a routine.

6. How will this experience influence your future nursing practice? Gives me some insight to how people hearing voices cope with this on a daily. To be patient, understanding, and compassion