

Belissa Hall

Hearing Voices That Are Distressing

Guided Reflection

1. How has this experience influenced your perception of people who hear voices that are distressing? *I have much more empathy now. I couldn't imagine having to go through 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? *I found doing the math problems difficult. I was very hard to focus/concentrate.*
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 think using short sentences, and speaking calmly*
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. *"How often does this happen?" "Do they speak directly to you?" "Can you tell me what they say?"*
5. What are some therapeutic nursing interventions that might be used for a patient who is experiencing unwanted auditory hallucination? *low stimuli; establish trust, and ensure their safety*
6. How will this experience influence your future nursing practice?
I will definitely be more understanding, and empathetic