

Brandi Martinez

Hearing Voices That Are Distressing

Guided Reflection

1. How has this experience influenced your perception of people who hear voices that are distressing? It must be so hard to live everyday with this happening to them.
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 absolutely could not do the math hearing all of this. My brain felt jumbled, and I tried to block it out as hard as I could.
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 will speak softly and calmly and attempt to reassure the patient that they will be ok. If a patient is actively seeing things, I would attempt to explain that they are not there and try to focus the patient on my voice and what is reality.
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. 1. What are the voices saying right now? 2. Are the voices telling you to harm yourself or other people? 3. How long have you been hearing the voices?
5. What are some therapeutic nursing interventions that might be used for a patient who is experiencing unwanted auditory hallucination? Calm environment, breathing exercises, more time to answer questions, asking patient what he/she needs at that moment.

6. How will this experience influence your future nursing practice? I now see this condition differently. I will be more patient and attempt to understand what they are dealing with.