

# Hearing Voices That Are Distressing

## Guided Reflection

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3/21/24 LVN-RN

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

**It takes a lot of concentration to focus on the task at hand. I found myself listening and becoming distracted by the voices.**

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?

**Math was difficult to calculate. I had to pay attention closely to the math components (add, subtract, multiply, divide)**

3. What are some communication strategies that you could use with a patient experiencing hearing voices that are distressing? Be specific and give examples.

**Stay calm. Continue to reassure the patient that they are safe and I will not leave them. Distract the patient with other activities. Ask what helps the patient during these events and talk with the patient.**

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 many voices do you hear? Do you hear any loud, degrading, mean voices? What voice was the most comforting?**

5. What are some therapeutic nursing interventions that might be used for a patient who is experiencing unwanted auditory hallucination?

**Stay calm. Discuss patient's present environment. Distract patient with other activities. Remind patient that he/she is safe and would not be left alone.**

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

**I felt more comfortable knowing steps to take and how to respond to patient's verbalization. Discuss with patients what helps them through these episodes.**