

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 now somewhat understand how overwhelmed and anxiety triggering this must be, to try to just function and have so much going on inside.

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 it difficult to continue my assignments while hearing the voice that was constantly being negative towards me, I noticed that I was working faster as if trying to get over that piece of the video.

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

Compassion, empathy and patience can allow the patient to realize that as a nurse we are there to help them and not cause harm. Letting them know that we are there to allow them to cope the best way that they know and letting the voices or hallucinations fade away.

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 you hearing?

2: Are these voices scaring you, or telling you to hurt yourself?

3: Are there distraction techniques that help you differentiate what is reality?

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

Deal with hallucinations by presenting reality to the pt, establishing trust with the pt, ensuring a calm environment and safety.

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

As I have currently, I will continue to allow the pt to express themselves and provide help and guidance in whatever way possible. Reassurance to the pt that they are in good hands and guiding them to better coping skills while maintaining safety precautions, will be priority.