

Hearing Voices That Are Distressing

Guided Reflection

1. How has this experience influenced your perception of people who hear voices that are distressing? **My great uncle had schizophrenia so I knew that much but to know he was experiencing these voices is heartbreaking. I definitely feel for those who have to deal with this every waking moment.**
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 wasn't struggling much until someone tried to have a conversation with me. The voices kept getting in the way of what the other person was trying to say. However if this were to happen to me in real life, I would be so distressed. I knew the voices I heard were just coming from a youtube video but for those who have these voices coming from their own minds, it's scary. The unkind way those voices can speak to a person would drive me insane. I had a dear friend whose room mate killed themselves because he was hearing voices like that all the time. He couldn't get away from it no matter how much he tried to cope.**
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 would make sure that I was 1:1 with the patient (groups can be distressing/overstimulating. That being said, I would reduce environmental stimuli (soft lighting, soothing sounds or no sounds). I think it would be important to validate the patient's feelings however help to keep them grounded to a sense of reality so they feel anchored to their environment if at all possible.**

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. What are the voices saying to you? 3. Would you like to go for a walk and talk about it?

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

1. Provide a safe environment and reduce stimuli 2. Monitor for worsening of anxiety/fear. 3. Give PRN medications "I'm going to give you some medication that will help you feel better."

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

Having had someone in the family with this mental illness has made me empathetic for those with schizophrenia however I think the way I approach it and use the diagnosis in report will change. We often give beside report and talk about the patient's past medical history. I often feel like when we are saying they have something like bipolar disorder or schizophrenia, it makes them feel less of themselves. I would like to practice more on saying "Mrs. Smith has been diagnosed with the following XYZ. She also loves the color purple and enjoys listening to country music" Just something to make them feel more human. I will also try so much harder to get them to feel safe and calm. I work on a step down unit so it's over stimulating to say the least with the constant alarms and sounds. I will work harder to make sure they feel better in their environment.