

Hearing Voices That Are Distressing

Guided Reflection

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1. How has this experience influenced your perception of people who hear voices that are distressing? I can now see how the voices would eventually break someone and do the things the voices are saying. It is very distracting.
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 was able to do the word I search without a problem but the math exercise was more challenging. Also, walking around was difficult because I felt like someone was talking to me and I needed to remove my ear buds to hear them but it was just the recording.
3. What are some communication strategies that you could use with a patient experiencing hearing voices that are distressing? Be specific and give examples. Help the patient to distinguish between what reality and the voices. Teach to ignore the voices especially the bad ones. Basically stand up to them. Sometimes the voices may not be bad. Write down what the voices are saying.
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 do you hear voices? Do the voices tell you to harm yourself or others? Are you able to calm or shut the voices about?

5. What are some therapeutic nursing interventions that might be used for a patient who is experiencing unwanted auditory hallucination? Provide a calm non-judgmental environment. Provide reassurance and ensure safety. Provide diversions such as simple projects of physical activity.

6. How will this experience influence your future nursing practice? The lab exercise today was very helpful in the fact that I was able to hear what people with auditory hallucinations are hearing. This will help my nursing practice now because I understand how distracting it is and the difficulty in distinguishing what is real and what is not. We were able to turn off the voices but people that suffer from hearing voices cannot.