

Hearing Voices That Are Distressing Guided Reflection

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

This experience has just given me another perspective to see what day-to-day life is like for people who hear different distressing voices and the different kinds of challenges that they must go through that are not in their control.

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?

The most difficult part I found during this would be when I was trying to reread a paper I was working on and just hearing the negative words saying that I was doing it wrong and that it was a mess because it made it difficult to try and focus on making sure what I am doing is good and that I'm not doing it wrong like what I am hearing.

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

You can be direct to the patient and ask, "What are they telling you?" and then try to redirect the patient and try to get them to focus on their actual feelings and reality not on what they are hearing and being told.

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.

What are the voices telling you?

Are the voices telling you to hurt yourself or others?

What can I do to help you feel safe?

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

Use a calm voice when speaking to the patient, try to help them understand that they're experiencing a hallucination, have them maintain reality as much as possible, and ensure them that they are safe.

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

This experience has given me another opportunity to just have a small view of the life that some patients experience every day. It will allow me to be able to be more patient and have a better understanding of the actions of some patients because of the type of hallucinations that they are having and what they make the patient go through.