

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?

This experience helped me personally to understand more about people who suffer from this mental disorder. It makes me want to talk more about mental health issues and help people who are going through them. I believe that hearing voices all day long or seeing visions of people who aren't real is something that no one would want to experience.

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 think the hardest part of doing this activity was trying to focus or communicate with my partner next to me because I constantly felt like someone was behind me telling me what to do or how to speak. It was a very real experience.

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

Speaking calmly and softly to help alleviate any anxiety or agitation the patient may be experiencing, also encouraging techniques such as deep breathing, grounding exercises, or engaging in activities that provide comfort and distraction.

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.

Can you describe the voices you hear? How often do you hear these voices? How do these voices affect your daily life?

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

Assisting the patient in distinguishing between hallucinations and reality by reminding them of their surroundings and also building a relationship based on trust and empathy to create a safe space.

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

This experience is going to help me understand and listen to my patients in a better way, and above all, to help my patient deal with this type of mental disorder.