

Hearing Voices That Are Distressing

Guided Reflection

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

This is really frustrating for me and it makes me have more empathy for people who usually experience this.

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?

It is more frustrating when the voices are directing you to do bad things or when they are threatening you. It now makes sense to me why they have to be on a 1-1 supervision and medications has to be prescribed to help.

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

Use of close ended options and allowing them to make their decisions so they can feel like they are still valued and being patient with them.

Example is "would you like to eat now or later"

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 threatening you.

How often do you hear the voices.

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

Assure the patient that you will be by their side and provide medications as needed and show empathy and let them know that you don't hear the voices yourself.

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

It has enabled me know how these patients feel and this will help me feel empathy and be patient with the patients with mental illnesses