

Hearing Voices That Are Distressing

Guided Reflection

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

As I was listening to this and attempting to work on some of the work sheets provided, I noticed I was having a hard time concentrating on my work. It was very disturbing and causing distractions. I work in a facility where we have a few patients that reports hearing voices, and after hearing this, it breaks my heart for them because I am able to press pause on the video, but it's not the same for them.

- 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?

Just the same as I noted in the previous question, it was very difficult to concentrate. I could understand how this could effect someone socially as well.

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

reassurance- letting them know I am here for them and asking them how the voices make them feel. and depending on how the voices were making them feel, my interventions from there would depend on that. But priority is always safety of my patient and others.

- 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 you are hearing saying?

How do they make you feel?

Are the voices asking to do anything to yourself or others?

- How will this experience influence your future nursing practice?

yes it has. Like in mentioned before, I work in facility where we see many individuals that reports these things. And helps have a better understanding of what is somewhat what they face and hear. And from this I am to learn how to be there for them. thank you so much for this activity, it has really helped so much.