

Leanne Salgado

Hearing Voices That Are Distressing Guided Reflection

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

It gives me a better understanding on how even doing a small task can become overwhelming. The amount of energy having to multitask alone is hard. I can see now how they can feel like they are losing their minds

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 problem solving skills with the math even without the voices is hard. Having that extra element makes it almost impossible to do. The crossword puzzle was another one having to refocus on the task because I would get lost on what I was doing.

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 a calm quiet tone, focus on how they are feeling. Do you feel safe, would you like something to eat or drink. Tell me more about how this is making you feel. Give them sense of control

Don't touch them and explain what you are doing to them.

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.

Are the voices telling you to harm yourself or others., Are there more than one voice talking., Do you feel safe right now

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

Engage the patient in activity based activities like card games, projects, crafts to distract them. Deep breathing exercises, environment free of stimuli. Music, drawing

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

It gave me a better understanding of people who have to deal with this on a daily and made me more empathetic. Getting a glimpse of this lets me be able to help my patients with their problems helped me see what coping mechanisms we can use to help them.