

Jennifer Olivarez

Hearing Voices That Are Distressing

Guided Reflection

1. How has this experience influenced your perception of people who hear voices that are distressing? **It made me see how incredible difficult that it was to focus on anything. It also made me feel more compassionate for these people.**
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 found it extremely difficult to try to read during this experience. I would start reading and get sidetracked because I would focus more on what the voices were saying than what I was trying to read. I also was unable to retain anything that I read during the 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. **I would have them try to maybe move from where they are physically and see if a change in their current surroundings might get the voices to stop. I would also maybe have them try to pinpoint any specific activity or person or surroundings they are around that maybe trigger the voices, and if so to try to limit exposure to that particular thing. I would also suggest that maybe they try doing something that is calming to them to try to block out the voices or to maybe make them stop.**
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. **1.) Tell me about the voices you are hearing, are they threatening or comforting? 2.) Do you notice that the voices occur or are triggered by your moods, surroundings, or when you are doing certain things? 3.) Are you able to make the voices stop? If so, what do you do to get them to stop? 4.) How long have you been experiencing the auditory hallucinations?**

5. What are some therapeutic nursing interventions that might be used for a patient who is experiencing unwanted auditory hallucination? **Change in environment, coping strategies, finding someone that they feel comfortable confiding in when this starts to occur that can help provide some emotional support, support groups.**

6. How will this experience influence your future nursing practice? **It will make me be more compassionate toward these individuals, and more willing to help find a solution or coping method for them.**