

Hearing Voices That Are Distressing

Guided Reflection

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

- Listening to the audio recording was distressing. I had to pause it numerous times or lower the volume. It made me realize how difficult it must be for people who actually hear voices, as they can't simply pause or adjust the volume in their heads.

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?

- Hearing multiple voices at the same time

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

- To communicate in a reassuring manner and to let the patient know that they are safe in the present moment. If they are distressed due to hearing voices, I would say, "It sounds like you are hearing voices that are causing you a lot of distress. If you're comfortable, I'd like to hear more about what the voices are saying and how they're affecting you."

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.

- I would ask what the voices are saying and how they are affecting them. I want to make sure the patient is not hearing command hallucinations that might pose a risk to themselves or others.
- I would also like to assess how often they hear voices and for how long they have been experiencing them

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

- Providing distraction such as encouraging patient to engage in a reality-based activities and providing a quiet and calm environment to reduce anxiety and external stimuli

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

- This experience provided me with a shift in perspective. Often, we as nurses, we become accustomed to the challenging or emotionally demanding environments we work in that we may inadvertently overlook or neglect certain important aspects of patient care, such as showing empathy. This reminds me to never lose sight of the human connection.