

# Hearing Voices That Are Distressing

## Guided Reflection

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

a. This allowed me to see how people can be affected when just trying to live a functional life. This simulation was loud and annoying at times but I also didn't have to do anything that seriously affected my life, and if I really had to I could have turned it all off. That simulation was for a limited time in a controlled setting, unfortunately these people have to deal with this on a constant unbidden basis and need our assistance.

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?

a. I am working on some study material, I had to reread some of the material just to get the gist of what was being communicated. It was harder for me to concentrate on the implications and rationalization of that information and how it applied.

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 can reinforce that I am there for support and am ready to help them and keep them in a safe environment. I would also make sure to keep the environment calm and quiet and use my steady voice to give them something to ground to.

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 can I do to help you with your situation?

What do you usually do that helps you cope with these voices.

Are the voices telling you anything that you need help with, do you feel safe?

5. What are some therapeutic nursing interventions that might be used for a patient who is experiencing unwanted auditory hallucination?
  - a. Using a calm quiet environment. Giving the patient some time and space if they need it to focus on blocking the voices out. Stating our acceptance of their anxiety or fear and our willingness to help. Giving the patient something to listen to that could help drown out the voices, music possibly.
  
6. How will this experience influence your future nursing practice?
  - a. I will continue to treat all my patients the same, I have found so many instances in my short career where a stigma improperly applied to a patient has inhibited their care or our ability to report things accurately to the doctor. I see how important it is to keep believing patients and treating them as if everything they report is true and out of their control, I may be proven wrong once or twice someday but its better than the inverse.