

## Hearing Voices That Are Distressing

### Guided Reflection

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

In my career I have never had the opportunity to deal a really sensitive mental health group. Learning about disorders such as Schizophrenia is really hard to understand because we can't physically see it like most things to be able to better understand. Being able to listen to the video to get an idea of what they deal with daily really puts into perspective for me how stressful it really can be when trying to function and do daily tasks that most of us do with little to no effort.

#### **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?**

When listening to the audio, I think what bothered me the most was when it got really quiet then out of nowhere the voices were back. I am a very nervous driver and I think if I had this disorder, and this happened to me when driving I would have to pull over and it would make me fear wanting to drive far distances.

#### **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 will take time to prioritize what I need to say and do before going to see the patient. I want my time with them to be effective and I think using simple clear language when they are hearing voices would make it easier for them to understand you.

I will ask them how they would prefer to communicate to be able to understand and be a part of the care they are being provided. If they have had this condition for some time, they may have learned coping mechanisms that they use for effective communication. If it is a new condition, I would use the resources I had available to help establish coping and anything else needed to be able to effectively handle the condition the best they can.

**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.**

Does medication or a learned coping technique get rid of the voices?

Does anything specific make the noises worse?

When you hear voices do you have a plan in place?

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

Remove any loud unnecessary stimuli. Provide medication if they have one that helps with this. Help them get to a quiet room with soft light to help with the anxiousness of what is happening to them. Communicate to find out coping techniques before an unwanted auditory hallucination occurs. Provide medication for other issues being caused by hallucinations such as anxiety.

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

This made a really big impact on me and how I do my daily nursing tasks. I will take more time to review mental status, medications for mental status if indicated and really prepare

myself to help in every way I can during my shift. I want to make sure to be knowledgeable about the condition if it is new to me so I can really set this patient up for success.