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Hearing Voices That Are Distressing

Guided Reflection

1. How has this experience influenced your perception of people who hear voices that are distressing?
I realize now that hearing these voices can make it very hard for one to concentrate and that they really cannot help it, they can't help if they feel paranoid or horrible about themselves.

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 choose reading as my activity, in the beginning it was easier to ignore, and I was able to continue following the story line the way I usually do, but as time went on I found myself having to re-read pages and then over all just decided to stop reading. It was extremely hard to concentrate while hearing how big of a mess the voices thought I was.

3. What are some communication strategies that you could use with a patient experiencing hearing voices that are distressing? Be specific and give examples.
Remain calm and talk in a calm tone. If you get defensive or scared upon someone with auditory hallucinations, they may perceive you as a threat. This could lead to someone getting hurt. It is also always important remain supportive and unjudgmental. It is important to realize these patients cannot control this and don't want it to happen. I think it would be very easy to take offense or cast judgement on something you don't understand but to earn their trust and be helpful to the patient, it is something you have to learn to get past.

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.Are they telling you to harm yourself or others?
2.Is there things that make it better or worse?
3. How often do you hear the voices?

5. What are some therapeutic nursing interventions that might be used for a patient who is experiencing unwanted auditory hallucination?
I would provide a safe space for the patient to talk as well as make myself fully available to listen as the do so. I may offer activities to distract them such as the breathing box to help distract and calm their mind.

6. How will this experience influence your future nursing practice?
It has opened my eyes to what someone who has auditory hallucinations goes through, I know it is not something they control or anything that they want to happen. I will always attempt to stay calm and patient with my mental health patients. I also always want my patient to remain safe, so this will always be my top priority.