

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

This assignment has allowed me to experience a glimpse into the life of an individual suffering with schizophrenia and understand what they suffer with on a daily basis. I definitely have more compassion and empathy for all those who suffer from this illness that I will carry with me into my nursing career.

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 increasingly difficult to focus my undivided attention on what I was doing. I was trying to make notes for an upcoming test and although I was writing, I was not able to interpret my thoughts completely. It took twice as long as it normally would have.

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

It would be helpful to address the patient by speaking slowly in a calm tone using simple language. It would also be helpful to reduce any stimuli that may increase the patient's anxiety and hallucinations (Ex) tv, radios, bright lights, etc., and reorient them to reality.

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.

- Do you ever experience hearing things others cannot, such as voices?
- What are the voices saying?
- Are the voices telling you to hurt yourself or others?

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

I think a good nursing intervention would be the use of distraction techniques. This will give the patient something new to focus on while trying to orient them to things they can see, touch, smell and taste to lessen the effects of the hallucination.

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

This assignment gave me a first hand insight on the challenges these individuals face on a daily basis. I think this will influence my future nursing practice in a positive aspect as I now have a firm understanding and empathy for those affected by this disorder.