

Valarie Perry

Hearing Voices That Are Distressing

Guided Reflection

1. How has this experience influenced your perception of people who hear voices that are distressing? *It has given me insight on what they actually deal with.*
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? *The math activity was the hardest or most difficult while hearing the voices. Math requires me to really concentrate and I could not with voices.*
3. What are some communication strategies that you could use with a patient experiencing hearing voices that are distressing? Be specific and give examples. *Show empathy, identify the feelings patient is experiencing. Explain that I do not hear the voices. ASK the patient to turn away from voices. Distract attention. calm demeanor & smile.*
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. *Are you hearing voices? What are they saying? Do you recognize the voices?*
5. What are some therapeutic nursing interventions that might be used for a patient who is experiencing unwanted auditory hallucination? *Allow patient as much control as possible within limits, explain treatments, meds, labs but before implementing them.*
6. How will this experience influence your future nursing practice? *I will have understanding what the patient or patients are encountering and be able to intervene effectively.*