

Hearing Voices That Are Distressing

Guided Reflection

1. How has this experience influenced your perception of people who hear voices that are distressing?
 - It is very helpful to understand what they may be experiencing. Definitely makes you understand how patient and compassionate you need to be with people who are diagnosed with schizophrenia.
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 most difficult was the voices that were saying negative things and repeating the same negative comments over and over with the background whispering of other voices. I could not imagine feeling depressed or down and having those negative voices in your head. I could easily turn the volume down or shut it off if I wanted to during the activity but others who truly experiences these voices cannot.
3. What are some communication strategies that you could use with a patient experiencing hearing voices that are distressing? Be specific and give examples.
 - Use calm quiet voice
 - Have them describe what the voices are saying
 - Help them focus on their feelings
 - Help maintain present and 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.

- Ask directly “what are these voices saying?”
 - Ask “Are these voices telling you to harm yourself or others?”
 - Ask “What are these voices telling you to do?”
5. What are some therapeutic nursing interventions that might be used for a patient who is experiencing unwanted auditory hallucination?
- Explain to patient that you do not hear any voices
 - Distract them with an activity
 - Identify how they are feeling
 - Remain calm and provide calm environment
6. How will this experience influence your future nursing practice?
- This activity opened up my perception on what patients may be experiencing. That I need to be empathetic and it showed me how to approach and intervene during this distressing time for a patient.