

Mental Health

Dr. Harrison

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Answers to the questions on the guided reflection

Hearing Voices that are Distressing.

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

Disturbed by the voices I heard in class. Every day I wake up I try to be positive. by hearing these voices today made me think differently about people with this mental condition. I can imagine how they would ruin a person's day. I would not be able to function with these voices in my head.

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 difficult listening to the mean voices telling me I'm no good, hearing the offensive words in this recording, took me back in time and reminded me of my ex-boyfriend cussing and putting me down like I was no good, except he was real.

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

Some communication strategies would be redirecting the patient and letting them know that they are not alone and that we are here to help.

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 three questions?

When did these voices start?

What are the voices telling you to do?

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 hallucinations?

Stay with the patient, give medications ordered by the doctor and encourage peer support groups.

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

After listening to the stimulation, I can understand how difficult it might be to have to cope with this problem in a daily basis. I can be more aware and prepared on how to work with these patients and understand why they have some weird behaviors.