

Hearing Voices That Are Distressing

Guided Reflection

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

It was very eye opening. It showed how distressing and scary these experiences must be for these individuals. It must also be hard to concentrate and act normal.

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 think the hardest thing about the experience is the negative speech. I think that would be hard to not affect how I am doing mentally after hearing that so long. For example, voices putting me down would start to affect my self-confidence. The noise itself did not bother me so much, but I am a single mother of two special needs kids, so I normally am around high stress and a lot of noise.

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

I would first ask them if there is anything they normally do to help. I would also ask open ended questions to allow them to talk about what their hearing.

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.

I understand you are hearing voices, what are the voices saying?

How does this make you feel?

Is there anything you usually do that helps you cope or feel more comfortable?

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

Providing a calm and quiet environment. Encourage reality based activities to help shift focus from hallucinations. Teach deep breathing to help them relax.

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

This experience was very eye opening. It was good to try to put myself in the shoes of someone suffering these hallucinations. I now have an understanding of how scary and mentally exhausting these experiences can be. I will definitely approach these patients with a higher level of empathy.