



**N-108 Care for Clients with Psychosocial Problems in Adaptation
 and Adjustment**

First Semester, Academic Year 2022-2023

**SKILLS CHECKLIST
 Maladaptive Behavior: Hallucinations**

Name of student: _____ Date: _____

Task	Done	Not done	Remarks
1. Establish trust and rapport by providing privacy, defining roles of the student nurse and the client, and initiating a therapeutic contract.			
2. Assess the patient for signs and symptoms of hallucinations.			
3. Ask the client if she is experiencing a hallucination.			
4. The nurse does not validate the client's hallucinations.			
5. Emphasize with the client and state that experiencing hallucinations can be troubling.			
6. Express understanding of the client's belief that the hallucinations feels real.			
7. As appropriate, reorient the client and assist her with focusing on reality.			
8. Does not encourage the client to engage in discussion with the voices in auditory hallucinations.			
9. Use simple, clearly enunciated words in a moderate volume, asks the following questions about the patient's medical history and her awareness of triggers that lead to hallucinations.			
Asks the following:			
10. "What medications do you take?"			

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11. "Have you recently used illegal drugs or alcohol?"			
12. How long have the hallucinations been occurring?"			
13. "Do the hallucinations occur just before going to sleep or right after awakening?"			
14. "What triggers your hallucinations?"			
15. "What coping strategies have you used to lessen the frequency, intensity, and/or length of hallucinations?"			
16. "What are you worried most right now?"			
17. "I think you have made the right decision to seek professional help. How can I help you while you are here?"			
Performs the following to assist the client in developing strategies for coping with the hallucinations:			
18. Provides distractions, including organizing physical activity and participation in projects.			
19. Encourages comparing information gleaned from hallucinations with the thoughts and beliefs of trusted others to evaluate if the information is real.			
20. Provides a safe environment.			
21. Provides 1:1 staffing as appropriate.			
22. Educates on how to use coping strategies to minimize or even eliminate voices.			
23. Educate about self-care activities as coping strategies to limit the length and frequency of auditory hallucinations.			
24. Administer antipsychotic medications, as ordered.			
25. Monitors client due to increased risk for suicide, self-injury, or injuring others.			

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26. Update the client's plan of care and document care in the client's medical record.			
a. Date and time of patient assessment			
b. Description of care activities, including medications administered			
c. Client assessment findings.			
d. Client's response to the assessment activity.			
e. Any unexpected client events or outcomes, interventions performed, and whether or not the treating clinician was notified.			

Adopted from: Hallucinations: Caring for a Patient with Active Hallucinations, Kornusky J, et.al., CINAHL Nursing Guide, EBSCO Publishing, 2022 Feb 18 (Skill Competency Checklist)

General comments:

Name and signature of FIC: _____

Date: _____

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