

Dover Behavioral Health
Clinical Assignment
2023

Student Name: Rita Thompson Date: 9/27/2023

Patient's Initials: A.Y Age: 22 Sex: M

Psychiatric Diagnosis(es): schizoaffective disorder

Pathophysiology of the main Psychiatric Diagnosis:

The exact patho is unknown but it deals with an imbalance of neuro transmitters in the brain.

Medications

Medication Name, Classification/Action	Rationale	Side Effects	Nursing Implications
Olanzapine Atypical antipsychotics Balances levels of dopamine and serotonin in the brain	Helps treat schizophrenia	dry mouth, insomnia, drowsiness, dizziness, increased appetite	Watch for metabolic syndrome

Mental Status Exam:

Document subjective & objective data

1. Appearance – 22 yo single Italian white male, currently unemployed and homeless, hair was freshly groomed and slicked back. He stated that he was an “Italian” and liked to keep his hair done
2. Behavior- dressed appropriately with clean clothes and shoes, good hygiene, nice hair, no apparent hygiene issues, proportioned appropriately with height and weight, very tall about 6’4”, had on long sleeved shirt and coat, no apparent scars or bruising
3. Speech – speech was rapid and loud, there was no speech disturbances, seemed to not understand or care about how loud he was compared to everyone else, He pretty much yelled at people that were walking by in the middle of our conversations.
4. Mood – very animated, talks with his hands a lot, euphoric
5. Disorders of the Form of Thought- very disorganized thoughts, flight of ideas, changes topics often and easily distracted, no delusions, obsessed with fighting and death
6. Perceptual Disturbances- None
7. Cognition- oriented to time and place and reason for being at the facility, he can recall recent events, he has great insight on his situation, but poor and irrational judgement, he does first and thinks bout it after, he got in trouble today for standing up and walking out in the common hallway during art therapy without saying anything to the MHT
8. Ideas of harming Self or Others – Past thought of harming self and tried to carry it out by overdosing on Zyprexa and Prazosin

Problem #1: _____ Risk for suicide _____

Patient Goals:

1. _____ A.Y will engage in group sessions (CBT) to develop new coping skills and get advice from others dealing with the same issue _____
2. _____ A.Y will verbalize any thoughts of harming himself _____

Assessments:

- Assess for alcohol or substance use, assess for signs of hopelessness, assess for psychiatric illnesses, assess for family history of suicide, assess for signs of severe depression, assess for suicidal behaviors _____

Interventions (In priority order):

1. _____ Build rapport with my patient during my time of care by spending lots of time with him and actively listening and making eye contact when he is talking _____
2. _____ Assess for early signs of anxiety and help him identify causes _____
3. _____ Perform screening for suicidal ideations during my time of care _____
4. _____ Administer Zyprexa as ordered during my time of care _____
5. _____ Provide a safe environment during my time of care _____
6. _____ Assess coping skills and available psychosocial support _____

Problem #2: Risk for other directed violence _____

Patient Goals:

1. _____ A.Y will not hurt anyone else including staff and other patients _____
2. _____ A.Y will recognize signs of wanting to hurt someone else and report it _____

Assessments:

- Assess for plan of violence, assess for early cues of distress _____

Interventions (In priority order):

7. __Encourage relaxation techniques when overwhelmed during my time of care _____

8. __Keep the patient in a calm milieu at all times

9. __Maintain a calm attitude when talking to the patient at all times

10. __Administer Zyprexa as ordered during my time of care

11. __Keep people who agitate A.Y away from him during my time of care _____
12. __ Teach problem solving and coping mechanisms during my time of care

Patient Teaching

List 2 teaching topics that you taught a client. Were they appropriate for this client, and why?

1. I talked with A.Y about things to do when he was feeling overwhelmed or angry like removing him self from the situation or going to the gym. Yes it was appropriate because he mentioned getting angry easily several times
2. I talked with A.Y about other ways to release his anger such as boxing or karate. This was appropriate because he talked a lot about liking to fight and wanting to do it all the time. These are positive ways to release some of that without actually harming someone else.

Growth & Development

1. Discuss norms of growth and development, including development stage.

He is in the young adult stage. This includes the intimacy vs isolation stage. In cognitive development it is the optimal time for education. Informal and formal memory peaks, the ability for creative thought increases. There is also a risk for substance abuse, periodontal disease due to poor hygiene, unplanned pregnancies and STIs. This stage is the optimal time for child bearing.

2. Discuss any deviations of growth and development and the developmental stage.

I didn't notice any deviation of growth and development for A.Y. He seemed to be on track for his age. And thought process.

Self-Evaluation: Answer each of the following questions.

1. What is your personal perception of your performance during your clinical day? What did you do well? What could you have done better? Give specific examples.

I feel like I talked to more people and had more meaningful conversations today. I feel as if I made the new girl on the unit feel comfortable. I was able to explain some things to her and help her get paper and items she requested. I feel like my presence made a positive difference today. I got to talk to the quietest man on the unit, he didn't open up much but I was the only one to sit with him and I feel like that may have made a difference.

2. Give an example of one of the challenges you faced today. What did you do to overcome it?

The only challenge I faced today was A.Y and redirecting him when he asked personal questions about where I lived and was trying to guess my last name. I overcame it by redirecting him several times.