Dover Behavioral Health
Clinical Assignment
2023

Student Name: Sophia Fitler Date: 11/14/2023

Patient's Initials: D.H. Age: 50 Sex: M

Psychiatric Diagnosis(es): Alcohol use disorder
generalized anxiety disorders

Pathophysiology of the main Psychiatric Diagnosis:

Neurotransmitter pathways involved in learning & reward have proven to be effective targets. Alcohol stimulates release of dopamine from cells originating in the brain called the ventral tegmental area. It is further released into the nucleus accumbens and prefrontal cortex - which has been linked to reinforce drinking behaviors.

Medications

Medication Name, Classification/Action	Rationale	Side Effects	Nursing Implications
Lexapro - SSRI ↑ serotonin levels by preventing reuptake of serotonin into the presynaptic terminals of serotonergic neurons	getting it for the generalized anxiety disorder	N/A nausea sweating drowsy/trouble sleeping constipation Dry mouth	monitor HR & BP & cardiac status monitor for adverse effects in older pts

Mental Status Exam:

Document subjective & objective data

1. Appearance

states "I really want to take a shower"
once taken shower - well groomed, wearing blue paper scrubs
and a sweatshirt; appears to have smile on face during
most of the conversations shared. looks appropriate for a

2. Behavior

Balance & gait are normal with exception of wobbly when
walking due to pain in left leg; maintained eye contact

3. Speech

speech was clear and normal - English
(rate & volume)

4. Mood

mood was outgoing - joining in on all group conversations
seemed appreciative of getting care to help with alcohol detox
made many conversations with peers

5. Disorders of the Form of Thought

None

6. Perceptual Disturbances

None

7. Cognition

A&O x4, is able to remember past experiences having to do
with psych Hx and personal hx, is aware of illness and the
need to seek treatment for improvement - Admitted self voluntarily
Has good sense of judgement ↑

8. Ideas of harming Self or Others

None

Problem #1:

Ineffective coping

Patient Goals:

1. D.H. will recognize triggers that lead to drinking during my time of care.
2. D.H. will recognize coping mechanisms to use when experiencing a trigger during my time of care.

Assessments:

- Assess substance abuse Hx prior to providing care, Assess family/friend support, during my time of care

Interventions (In priority order):

1. Teach effective coping strategies (drawing, reading, exercising)
2. Encourage using relaxation techniques (deep breathing) when getting stressed
3. Encourage verbalization of fears, concerns, and anxiety
4. Teach consequences on what will happen if continue to drink
5. Encourage support groups & peer groups attendence while inpatient
6. Maintain safe environment without triggers D.H. has experienced.

Problem #2:

Readiness for enhanced self management

Patient Goals:

1. D.H. will avoid triggers that lead to alcohol consumption during my time of care
2. D.H. will plan to attend support groups to further aid in management to prevent from drinking during my time of care.

Assessments:

- Assess willingness to learn about support groups q shift, Assess triggers, Assess support group outside of facility prior to discharge, - Assess home life/ability to get to group therapies

Interventions (In priority order):

7. provide information on support groups/community groups
8. Teach importance of having family/friend support systems
9. Encourage to create plan for future once out of facility
10. Have D.H. provide teach-back on coping mechanisms they plan on using.
11. Teach to avoid triggers (like stressful situations)
12. Encourage to ask for help when feeling the urge to drink or when needing someone just to talk to.

Patient Teaching

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

1. The benefits of having positive coping mechanisms, like reading or drawing, instead of drinking - it is appropriate for the client.

2. Having friends and family to provide support during this time is important - this is also appropriate for the client

Growth & Development

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

D.H. is in Erikson's Generativity vs. Stagnation stage of development, stage #7. It is normal at this stage to have an established job, gotten married and maybe even had children. Success during this stage can lead to feelings of accomplishment and usefulness.

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

D.H. is progressing through Erikson's stage 7 slower than normal. He does not have a wife or children. Many by this time have gotten married, settled down & may or may not had children.

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.

Once I warmed up to talking with the patients, I feel like I used good therapeutic communication skills in gearing the conversations towards talking more about them than me. I could have been better about talking with the patients sooner because I didn't get as much information or details as I would have liked.

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

I faced the challenge of being nervous to start up a conversation with one of the patients so I just joined in on the conversation they were having with another patient. I was able to observe and use active listening more as well as talk with them both.