

Dover Behavioral Health  
Clinical Assignment  
2024

Student Name: Johanna Duperoy Date: 9/24/24

Patient's Initials: ML Age: 24 Sex: M

Psychiatric Diagnosis(es): Anxiety

Pathophysiology of the main Psychiatric Diagnosis:

Neuroanatomical Factors:	Amygdala: processes fear, plays role in fight or flight hyperactivity triggers anxiety Prefrontal cortex: Decision making, hypoactivity reduces its ability to control amygdala Hippocampus: memory, anxiety impairs the functioning of the hippocampus leading to inappropriate fear responses Hypothalamus: regulates stress with release of hormones. In anxiety hormones are overproduced increasing sx of anxiety
Neurotransmitters:	GABA, serotonin, norepinephrine
Course/ characteristics of illness:	Gradual onset or triggered by a specific stressful event. Sx: excessive worry, restlessness, irritability, tachycardia, fatigue, sleep disturbances, avoidance, or compulsions.

**Medications**

Medication Name What is this for?	Classification & Action	Side Effects	Nursing Implications
Clonidine It is for blood pressure but since anxiety can acutely raise blood pressure it can relax the heart rate and bp.	Antihypertensive Reduces peripheral resistance; decreases B/P, heart rate. Produces analgesia..	Dry mouth, drowsiness, dizziness, sedation, constipation.	Monitor BP & Hr. Get up from lying to standing slowly.

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**Mental Status Exam:**

	Subjective Data	Objective Data
Appearance	n/a	Well kept, appears properly groomed for development
Behavior	“Im worried about seeing my parents today”	Normal behavior, welcoming to conversation, a little closed off
Speech	“this is my second day”	Soft speech, monotone
Mood	“I feel okay today”	Dysthymic mood
Disorders of the Form of Thought	n/a	n/a
Perceptual Disturbances	n/a	Perceives, external stimuli properly

Cognition	n/a	Intact, normal thought process
Ideas of harming self or others	Denies suicidal ideation	Collaborates in group activity

**Problem #1: Risk for suicide**

Priority Patient Goal:

1. Pt will not harm themselves or others during my time of care

Assessments:

- Evaluate pts risk of suicide or harm to others
- Complete psychosocial assessment

Top 2 Interventions with rationale:

1. 1:1 Close observation, monitor for mood changes: monitoring for mood changes can help determine what triggers the client to gain suicidal ideations, and staying with them can help prevent suicide.
2. Encourage to express feelings: Explaining feelings can help release some stress by having somebody listen and convey acceptance

**Problem #2: Anxiety**

1. \_Pt will utilize effective coping mechanisms such as deep breathing to reduce anxiety during my time of care.

Assessments:

- Assess for triggering events
- Assess support systems

Top 2 Interventions with rationale:

1. Help pt identify areas of their life that they can and cannot control: Identifying these areas can help reduce anxiety because they will have knowledge before a situation occurs what they can and can't do.

2. Provide effective coping mechanisms: Providing effective coping mechanisms can help reduce and manage anxiety when it arises instead of the pt doing something irrational that might harm them.

### Patient Teaching

List 2 teaching topics that you taught a client.

1. Talk to someone when feeling overwhelmed or alone
2. Identify triggers and utilize coping mechanisms

### Growth & Development

1. Discuss norms of growth and development for your patient, including development stage.

Adolescences: intimacy vs isolation; focus on forming intimate meaningful relationships, failure leads to isolation and self-destructive behaviors.

Formal operational thought: Ability to think abstractly, reason logically, solve problems, and understand complex concepts. Able to plan for the future, set goals, and make decisions.

Moral and ethical development: Sense of what is right and wrong beyond authority or societal conventions.

2. Discuss any deviations of growth and development.

Maybe difficulty in forming relationships because of anxiety and depression. Leading to isolation possibly increasing his anxiety and depression. Depression and anxiety can also impact his cognitive development impairing his ability to reason logically, solve problems and achieve life goal plans. His suicide attempt shows an impairment in his moral and ethical development to make decisions based on future consequences..

### **Self-Evaluation: Answer the following question.**

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.

My perception of my performance today was fine overall. I feel like I remained therapeutic, non-judgmental and accepting. I remained silent and provided active listening, did not include my personal thoughts or experiences. What I could have done better is talked to more people. I only talked to people I felt like I could get to talk to me or be more comfortable with me. I think I

could be more confident and take more initiative when trying to direct conversations. I could ask more open-ended questions to facilitate a better conversation.