

<p>Methocarbamol Used to treat muscle spasms and discomfort associated with acute musculoskeletal conditions, such as sprains, strains, and injuries.</p>	<p>Muscle relaxant It reduces muscle spasms by causing general sedation and relaxation of skeletal muscles without directly affecting the muscles themselves.</p>	<p>Drowsiness, dizziness, headache, lightheadedness, blurred vision, nausea, vomiting.</p>	<p>Monitor for CNS depression, monitor for adverse reactions and muscle spasms.</p>
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Mental Status Exam:

	Subjective Data	Objective Data
Appearance	n/a	Nails unkempt, dental abscess, normal facial expression, appears as age,
Behavior	n/a	Interacts with peers a lot, open to communication, maintains eye contact in conversation, no abnormal body movements
Speech	“I used to drive my niece to school every day for 6 years”	Slow speech, a little slurred
Mood	“im good today just another day”	Appropriate mood

Disorders of the Form of Thought	n/a	Normal thought process
Perceptual Disturbances	n/a	No delusions or hallucinations
Cognition	n/a	No cognitive impairment observed
Ideas of harming self or others	“I wanted to hurt myself”	No suicidal or homicidal thoughts at this time

Problem #1: Risk for suicide

Priority Patient Goal:

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

Assessments:

- Assess risk of suicide or harm to others at start of shift q4
- Assess for triggering events at start of shift PRN

Top 2 Interventions with rationale:

1. Close observation PRN. Providing close observation can help prevent suicide by monitor his actions.
2. Encourage expression of feelings PRN. Encouraging him to express his feelings can help relieve some stress by having somebody listen to him and provide support.

Problem #2: Depressed mood

Priority Patient Goal:

1. Pt will gain self-control over life situation at the end of treatment

Assessments:

- Assess history of depression at start of shift
- Determine if depression is primary or secondary to another disorder at start of shift

Top 2 Interventions with rationale:

1. Help pt set goals for life, what they can accomplish q4. Helping him set goals can reduce his ideation for suicide because he feels like he has nothing to live for.
2. Help pt identify areas of his life that he can and can't control q4. Helping him identify areas of his life that he can and cant control can help prepare him for future events that might trigger his depression.

Patient Teaching

List 2 teaching topics that you taught a client.

1. Figure out what brings him pleasure and makes him feel happy.
2. Build a support a system that helps encourage and motivate him daily.

Growth & Development

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

No deviations in forming relationships, not isolated but no significant other. Self-destructive behaviors result from lack of self-worth. His ability to think is intact but his ability to set goals is weak as evidenced by suicidal ideations. His suicidal ideation shows an impairment in his moral and ethical development.

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 personal perception of my performance today was better than yesterday. Today I did what I said I wanted to do yesterday and spoke to more people. I spoke to people even if they didn't seem like they would open up to me or talk to me. I felt more involved today and more comfortable with the patients as we already had our previous day together. What I could have done better is maybe engage in longer conversations. I basically just introduced myself to the people I didn't talk to yesterday and got to know the basics of them. With more time I would have got to know everybody.