Student Name: Stevie Lynn Bell   Date: 10/29/24

Patient's Initials: A.S.   Age: 40   Sex: Female

Psychiatric Diagnosis(es): Schizoaffective disorder, bipolar type current episode mixed with some psychotic features.

Pathophysiology of the main Psychiatric Diagnosis:

Neuroanatomical Factors:	Genetics, imbalance of dopamine Substance abuse
Neurotransmitters:	Dopamine, Serotonin and norepinephrine.
Course/ characteristics of illness:	Mood swings from profound depression to extreme europhia (mania) Delusions or hallucinations. Hypomania

Medications

Medication Name What is this for?	Classification & Action	Side Effects	Nursing Implications
Abilify (Aripiprazole) Antipsychotic. Used to treat Schizophrenia and Bipolar disorder	Antipsychotic Balances the levels of dopamine and Serotonin in the brain.	· Weight Gain · hyperglycemia · Dyslipidemia · EPS	· Treats Positive Symptoms · Benztropine Started to prevent side effect/ Symptoms
Cogentin (Benzatropine) Anticholinergic Used to Prevent EPS Side effects.	Anticholinergic Possesses both anticholinergic and antihistaminic effects.	· Blurred vision · Constipation · tachycardia · Urinary retention	· On a higher dose of Abilify.

Mental Status Exam:

	Subjective Data	Objective Data
Appearance	N/A	Appeared clean and well groomed. Clothes appeared clean and her hair was neat.
Behavior	"I need to go ask about my social worker."	~~Speech was normal at and appropriate~~ Kept leaving group room and coming back during therapy.
Speech	"What does this mean?" "Can you help me write."	Speech was normal at an appropriate volume. Repeated questions a lot and required help with reading and writing.
Mood	"I want a new social worker mine is not helping me."	~~Affect~~ She appeared anxious and frustrated.
Disorders of the Form of Thought	N/A	N/A
Perceptual Disturbances	N/A	N/A
Cognition	"Did you tell them I want a new social worker.	Oriented x4. Memory intact. Kept asking the same questions over and over again.
Ideas of harming self or others	Did not assess.	Did not assess

Problem #1:

Ineffective Coping

Priority Patient Goal:

1. Will use at least one coping ~~strategy~~ strategy during my time of care.

Assessments: Assess for understanding PRN.
➤ Assess emotional Status PRN. Assess for agitation PRN.

Top 2 Interventions with rationale:

1. Educate on Coping Strategies at least once per visit. This can help her with her anger.

2. Provide emotional support PRN. This will help her feel like people care.

Problem #2:

Risk for Self-directed or other directed violence.

Priority Patient Goal:

1. Will not hurt herself or anyone else during my time of care.

Assessments:
➤ Assess for a safe environment at the beginning of the shift.

Top 2 Interventions with rationale:

This will help her calm down.

1. Reduce distractions and bring to a quiet environment as needed.

2. Offer to go on a walk to calm down PRN.
Can help distract her from her anger.

Patient Teaching

List 2 teaching topics that you taught a client.

1. Coping Strategies.

2. Ways to calm herself down and accept that she cannot control other people.

Growth & Development

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

She is in ~~cohoodohoood~~ middle adulthood. She is in the Generativity vs Stagnation stage. I know this because She feels like her life does not have a purpose.

2. Discuss any deviations of growth and development.

She deviates from the normal because she does not really know how to read or write.

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.

I think that I interacting with the patients well. When we went into the cafeteria I made sure to have a conversation with everyone at the table. I helped Asia ~~eat~~ with her handout without her asking. I saw that she was struggling and asked how I could help. I could of done a lot of things better like starting more in depth conversations with the patients. I also could of been better at remember their names.