

Dover Behavioral Health
Clinical Assignment
2024

Student Name: Stevie Lynn Bell Date: 10/30/24

Patient's Initials: J.W Age: 32 Sex: female

Psychiatric Diagnosis(es): Major depressive disorder, recurrent Severe without Psychotic features.
and Borderline Personality disorder.

Pathophysiology of the main Psychiatric Diagnosis:

Neuroanatomical Factors:	Family history, Hx of depression, trauma, and Stress
Neurotransmitters:	Low Serotonin, Norepinephrine and Dopamine.
Course/ characteristics of illness:	Characterized by depressed mood, Anhedonia and symptoms must be present for at least 2 weeks.

Medications

Medication Name What is this for?	Classification & Action	Side Effects	Nursing Implications
Clonazepam (Klonopin) Panic disorder, anxiety	Benzodiazepine Increases levels of GABA	<ul style="list-style-type: none"> • Sedation • Dyspepsia • Hallucination/ Delusions 	Assess for Assess for signs of CNS depression. • Hx of substance use disorder.

Mental Status Exam:

	Subjective Data	Objective Data
Appearance	N/A	Appeared clean and well groomed. Clothes changed from yesterday and hair was neatly put up.
Behavior	"Am I the only one participating today guys?"	Engaged during group activities.
Speech	N/A	Speech was normal and clear. She spoke at an appropriate volume.
Mood	"I am ready to go home but I am nervous about feeling like that again."	She appeared happy and nervous about possible discharge tomorrow.
Disorders of the Form of Thought	N/A	N/A
Perceptual Disturbances	N/A	N/A
Cognition	" N/A	Oriented x4 Memory intact
Ideas of harming self or others	"I have my daughter to live for."	No suicidal or homicidal thoughts current. She did have suicidal thought prior to admission with a plan in place.

Problem #1:

Ineffective Coping

Priority Patient Goal:

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

Assessments: of Care.

Assess current goals once discharged and plan at least

- Assess emotional status, Assess level of support at least once ^{once} _{per day.}

Top 2 Interventions with rationale:

Will make her feel like she is not all alone.

1. Educate on ~~people~~ Support People like Social Worker, Aids and other ^{resources}
2. Educate on coping strategies at least once per visit. _{at least}

Problem #2:

Will help her manage her overwhelming feelings.

^{once}
_{per shift}

Risk for Injury

Priority Patient Goal:

1. Will not harm herself or be harmed in anyway during my time of _{Care.}

Assessments:

- Assess for a safe environment at the beginning of the shift.

Top 2 Interventions with rationale:

This is to make sure that her wheel chair can get through

1. Ensure nothing is on the ground as needed
2. ~~Ensure that she is never alone or confused~~
Encourage her to talk about her problems and feeling as needed.

Patient Teaching

This will help her not feel alone.

List 2 teaching topics that you taught a client.

1. The importance of focusing on her own recovery before helping other people.
2. Different coping mechanisms.

Growth & Development

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

She is in middle adulthood and is in the generativity vs stagnation stage because she is trying to care for her child and be helpful to others with everything she has going on.

2. Discuss any deviations of growth and development.

She is in line with the normal stages of growth and development. She has just had many events happen in her life and had many ACE's as a child.

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 the clinical day went well. I was able to have a more in-depth conversation with Jessica and hear more about her struggles and what led her there. She also shared her new concerns with her possible discharge for tomorrow.

We discussed coping strategies and how she needs to take care of herself before others. She shared her excitement about going home and having a tea party with her daughter. I think I was able to connect with her and hopefully teach her some techniques that will help her when she is having a hard time. I think that I could have been better at speaking to other patients more today.