

Dover Behavioral Health  
Clinical Assignment  
2025

Student Name: Jamesia Alphonse

Date: 10/22/2025

Patient's Initials: L.J.

Age: 22

Sex: F

Psychiatric Diagnosis(es): Major Depressive Disorder

Pathophysiology of the main Psychiatric Diagnosis:

Neuroanatomical Factors:	The hippocampus and amygdala may shrink causing memory issues, high stress and increased negative emotions. There may also be decreased activity in the prefrontal cortex, leading to poor focus and emotion dysregulation
Neurotransmitters:	Dopamine is decreased Norepinephrine is decreased Serotonin is decreased
Course/ characteristics of illness:	Loss of interest, fatigue or loss of energy, feelings of worthlessness, depressed mood, difficulty concentrating or making decisions, insomnia or hypersomnia

**Medications**

Medication Name What is this for?	Classification & Action	Side Effects	Nursing Implications
Lexapro	SSRI- blocks reuptake up serotonin	Sexual dysfunction, Insomnia, agitation, anxiety	Do not stop taking abruptly, can increase suicidal thoughts and behaviors, may take up to a month to become effective
Wellbutrin	Dopamine/Norepinephrine reuptake inhibitor- blocks the reuptake of dopamine and norepinephrine	Dry mouth, nausea, vomiting, agitation, headache, tremor	Can increase suicidal thoughts and behaviors, can cause weight loss, do not crush or chew

**Mental Status Exam:**

	Subjective Data	Objective Data
Appearance	“I took a shower and got dressed after breakfast”	Well groomed, dressed appropriately for weather
Behavior	“I was struggling with juggling everything I had going on.”	Cooperative and answers questions appropriately
Speech	N/A	Speech is clear and coherent
Mood	“I’m feeling very optimistic”	Appropriate affect, makes eye contact during conversation
Disorders of the Form of Thought	“I will be going back to school after I get discharged and I have to check in with my therapist.”	Thoughts are clear and organized
Perceptual Disturbances	N/A	No observations of hallucinations or illusions
Cognition	“I’m currently in my senior year of college. I will be graduating with a degree in psychology”	Alert and oriented x4. Was able to tell me why she was admitted to the hospital
Ideas of harming self or others	“No, I have never thought about hurting my self or anyone else.”	No observation of suicidal and homicidal ideation

**Problem #1: Ineffective Coping**

Priority Patient Goal:

1. Will identify 2 healthy coping strategies they can use to manage stress by the end of my care

Assessments:

- Assess current coping strategies PRN

Top 2 Interventions with rationale:

1. Encourage expressions of feelings through conversation, journaling, or creative outlets PRN for feelings of stress and anxiety. Rationale: Helps process and releases internalized feelings, reducing emotional overload
2. Educate and encourage the use of stress management techniques daily (deep breathing, guided imagery, mindfulness) Rationale: Help reduce physiological and emotional stress

### **Problem #2: Disturbed Sleep Pattern**

Priority Patient Goal:

1. Will report improved sleep within 3-5 days

Assessments:

- Assess sleep history and pattern daily

Top 2 Interventions with rationale:

1. Establish and encourage consistent sleep-wake schedule at all times. Rationale: A regular routine helps regulate circadian rhythms
2. Promote a calm, quiet, and comfortable environment before bedtime. Rationale: Environmental cues prepare the body to sleep and reduce external disturbances

Patient Teaching

List 2 teaching topics that you taught a client.

1. Prioritizing task: The client was having a hard time juggling her schoolwork. I educated her on completing what's most important first and taking things one step at a time.
2. Self-care: I educated her on taking out time to for self-care. I told her that she could do small things like taking a walk around campus or treating herself to lunch once in a while.

Growth & Development

1. Discuss norms of growth and development for your patient, including development stage. She is currently a college student and working towards getting a degree in psychology. She wants to work with special needs children. She seems to be in good health. Intimacy vs Isolation

is the development that she is in. I feel like she falls in the intimacy category. She has a few healthy relationships with friends and family.

2. Discuss any deviations of growth and development.  
She showed no signs of deviations in growth and 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.

Today I think I did a better job of communicating with the patients. I was able to speak to multiple people and even learned a lot about everyone. I realized that some of them were just overwhelmed with life and needed a break. The one thing I think I could have done better today is trying to correlate the charts with the people I was talking to.