

## Instructor Mental Health Case Study: Obsessive Compulsive Disorder

Marcie Anderson is a 32-year-old white female who was brought to the emergency department on yesterday at 1800 by her friend Karen. Karen reported to the emergency department staff that Marcie had missed several days of work, so she went to check on her and found Marcie sitting in the middle of her bedroom surrounded by laundry. Marcie was folding and refolding the laundry and told Karen that she could not stop and needed help. Marcie has a history of obsessive-compulsive disorder that has been well managed with medication and personal coping strategies up to this point. Marcie was admitted to the psychiatric unit yesterday at 2100 for evaluation and treatment of obsessive-compulsive disorder. This morning Marcie is found to have removed all the linen from her bed and is folding it.

Location: Inpatient, Psychiatric Unit

Patient name: Marcie Anderson Age: 32 Female

Admitting provider: Richard Takia, MD

Chief complaint upon admission: Anxiety

Primary diagnosis: obsessive-compulsive disorder

Secondary diagnosis: Hypothyroidism

Vital signs:

T = 98.4 F (36.9 C)

BP = 128/86

P = 98

RR = 20

O2 Sat = 98% (room air)

Assessment:

Heart sounds: Regular

Lung sounds: Clear bilaterally

Bowel sounds: Active

Pulses: 2+ throughout

Pain: 0/10

"It is important to have well folded linen; otherwise, you might get wrinkles and bed sores when you sleep."

Marcie Anderson is found folding the linen from her bed. Marcie keeps a pillowcase in her lap and folds it and unfolds it repeatedly during the initial assessment.

She states "It just makes me feel better to have control over something. I don't feel like I have any control over things in my new job."