

## PROCESS RECORDING DATA FORM

Student Name: Anthony Drivas

Patient's Initials:

Date of Interaction: 06/28/24

**ASSESSMENT-(Noticing-** Identify all abnormal assessment findings (subjective and objective); include specific patient data.)

- Pertinent background information of patient (age, gender, marital status, etc.), description of why the patient was admitted to the Behavioral Unit. Was this a voluntary or non-voluntary admission?  
  
-Pt is a 76-year-old male and is currently married, He has a history of Hypertension, Depression, Chronic back pain and a heart valve replacement. He was admitted to 1 south for a suicide attempt and was found with a chain wrapped around his neck. He was admitted involuntary to help manage his history of depression and to be able to develop healthy and therapeutic coping skills to use in times of acute and chronic stress.
- List any past and present medical diagnoses and mental health issues.  
-Pt has a history of hypertension, depression, chronic back pain and a heart valve replacement. Pt current admission is due to depression.
- Self-assessment of thoughts and feelings prior and during the therapeutic communication interaction.  
Pre-interaction: At first, I felt a little nervous because I didn't want to accidentally say the wrong thing and upset or offend someone.  
  
Post-interaction: I felt like our conversation went well and flowed easily, it didn't feel forced or like I was prying, I was asking questions and providing answers and the patient was asking questions and providing answers as well. At the end he said thank you for helping me with some of the things I was questioning due to confusion and I was happy to say you're welcome and told him if he needed anything to let me know.
- Describe what is happening in the "milieu". Does it have an effect on the patient?  
-I feel like the Milieu environment is used to provide a calm and low stimuli environment that makes it easier to relax and discuss current and ongoing problems. I believe it has an effect on my patient because he is overall calm and willing to talk very easily. He is not tense or hostile towards others at all and mostly sits in a chair and reads through papers most of the day while watching tv every so often.

## **DIAGNOSIS/PRIORITY MENTAL HEALTH PROBLEM- Interpreting**

- Mental Health Priority Problem (Nursing Diagnosis): (Not patient medical diagnosis) (List all nursing priorities and highlight the top mental health priority problem).

### **-Ineffective coping mechanisms**

- Inability to cope with problems
- Lack of energy
- Sadness
- Disturbed sleep pattern
- Risk for suicidal behavior

- Provide all the related/relevant data that support the top mental health priority nursing problem. (at list 5)

- Previous attempts of suicide
- Readmission for potential suicide attempt
- Trouble sleeping
- Difficulty completing daily activities
- Not eating enough
- Feelings of not knowing where to start of helping self.
- Worrying and feelings of anxiousness

- Identify all potential complications for the top mental health priority problem. Identify signs and symptoms to monitor for each complication. (at least 5 complications)

-Increased distress (monitor for increased sadness, anger, feelings of hopelessness, fatigue and irritability)

-Physical harm (brushing off injuries as accidents, wearing long sleeved shirts and long pants even on hot days, keep objects of self-harm on hand, impulsive behavior and withdrawn from activities.)

-Strain on relationships (easily disappointed, withdrawn from partner and minor disagreements quickly turn into major arguments.)

-Worsening mental health (changes in appetite and sleep pattern, decline in personal care, rapid and/or dramatic mood changes, greater irritability and withdrawn from activities)

-Decreased self esteem (negative comment about self, think self does not deserve to be happy, does not accept compliments, harder time make friends and often ignores own achievements)

## **PLANNING-Responding**

- Identify all pertinent Nursing Interventions relevant to the top mental health priority problem. List them in priority order including rationale and timeframe. (At least 5 interventions). Interventions must be individualized and realistic.

- Promote patient safety ensuring they are free of self-harm
- Allow the patient to express their fears, feelings, concerns and overall thoughts
- Encourage attendance and participation in therapy and counseling
- Assist the patient with setting realistic and obtainable goals
- Establish trust and a therapeutic nurse and patient relationship

- Identify a goal of the **therapeutic** communication.

- The main goal of therapeutic communication is to help the patient feel more comfortable and safer. To make them feel cared for and understood so they feel safe to express their worries and concerns with the members of their care team.

## **IMPLEMENTATION**

- Attach Process Recording.

## **EVALUATION-Reflecting**

- Identify strengths and weaknesses of the therapeutic communication.

Strengths: (provide at least 3 and explain)

- knowing at times words unspoken has a powerful impact and meaning as well (nonverbal communication can be important to pay attention to and can speak many words)

- Having confidence in communication with others (confidence in words said will help the pt trust you)

- being able to empathize with the patient (being able to empathize with a pt can help them open up and express their feelings)

Weaknesses: (provide at least 3 and explain)

- difficulty articulating thoughts (being unable to express thoughts can lead to misinterpretation)

- poor listening skills (if a pt feels you are not listening they will get mad and not open up)

- language barriers (language barriers can make communication very hard and ineffective)

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- Identify any barriers to communication. (provide at least 3 and explain)

-Pt hard of hearing making communication difficult at times and unsure of what patient is truly hearing and what they are not hearing.

-Pt states they can read but have trouble understanding what was read making written education non-effective

-Pt states they want to better themselves but doesn't feel like they have the energy to participate in needed therapy and counseling to do so. I would classify this similar to lack of motivation.

- Identify **and** explain any Social Determinants of Health for the patient.

-The main SDOH for my patient would be Economic stability due to trying to manage his own household as well as his son's house. With doing this has left him unable to do necessary work on his own house and pay for things he needs. This is the main cause of his stress that has caused his depression to escalate to a level that he has struggled to manage

- What interventions or therapeutic communication could have been done differently? Provide explanation.

-I feel like all the nursing interventions are important and don't need to be changed, they are patient oriented to focus on patient safety due to hx of suicide attempts and also to help form healthy coping mechanism. Therapeutic communication could of seemed less prying and more providing information on resources and education focused on group sessions and any questions the patient had.

Note: Students as you type in the cells the cells will expand. Reference table 5-5 pg. 120 in textbook for sample process recording.

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Student's Verbal or Nonverbal Communication	Patient's Verbal or Non-Verbal Communication	Student's Thoughts and Feelings Concerning the Interaction	Student's Analysis of the Interaction <b>(use Table 5-3, 5-4 and 5-5 in textbook for reference)</b>
Hi sir, sorry to bother you. My names Anthony I was wondering how you were doing today	"I'm doing better, still tired from last night. I haven't been sleeping to well."	Wondering what was going on causing trouble sleeping.	Therapeutic – Offering self I was offering self to patient to allow for them to express their thoughts and feelings
Why were you having trouble sleeping last night.	"I have pain in my back that I've been dealing with for the last couple of year."	Felt bad for the patient because all he wants is some sleep.	Therapeutic – Focusing I wanted to see why they haven't been sleeping and if its related to their depression
Did you take any medication last night to try and help you get a full night of rest	"I took a sleeping pill and pain medication, but it did not help"	Wondering what I can do to help get him medication ordered that will help	Therapeutic- Focusing I wanted to know if they have been offered to take any medication to assist with pain and sleeping
If you don't mind me asking what brought you into Firelands	"I have been dealing with depression for many years and a lot has been going on it my life hear lately."	I can understand where he is coming from because I have been close to that point many times before being on medication.	Nontherapeutic – Probing I should of waited to ask this question later into the conversation, asking it early can seem pushy and like I'm only talking to them cause I want to know why he is here. Thankfully when asking him he did not shut down of become uncomfortable - if he would of I would of ended the conversation if he wanted to
What has been causing you the most stress lately.	"I helped my son and his wife move out into their own house and helped pay the bills at first. I expected them to take over but haven't and now money for me and my wife is running out."	Frustrated because he should not be stuck in a position of wanting to help his son and causing more stress for him and his wife. His son needs to man up and take control of his own house now.	Therapeutic – Reflecting He was looking back on situations in his life that could be the main stressor causing depression due to the fact he doesn't know what to do to fix or resolve the situation.
Why has your son not been able to take over the expenses of the house yet.	"My son is on disability and has special needs so he has a low income, and his wife doesn't make much so they aren't able to right now."	Sad because he is stuck between a rock and a hard place. Has to help his son because of current low income but doing so is adding more stress onto	Therapeutic – Restating He is restating in more detail of what their situation is and in how he isn't sure what to do because he does not want to make his sons life harder by not paying his bills anymore



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