

## Reflection Assignment

Noticing	Interpreting	Responding	Reflecting
<p>What did you notice during your mental status examination of the client? Were there any assessments that were abnormal or that stood out to you?</p> <p>I notice that from when he first came in he was more relaxed, he was not feeling anxious any more. He was happy. He was aware of the mistake he made and was sorry about it. The thing that stood out was he gets aggressive to others when he drinks.</p>	<p>If something stood out to you or it was abnormal, explain it's potential cause or patterns that you noticed. Describe any similar situations you have experienced / as well as the similarities or differences between the experiences. Is your interpretation of the situation links to pathophysiology at all, if so - briefly explain.</p> <p>The aggression while drinking can be a safety issue for him &amp; to others. He is in the hospital for this specific reason. I have been around friends who have been drunk &amp; aggressive. The similarity was that after sobering up they both felt guilty and wanted to stop drinking.</p>	<p>What additional assessment information do you need based upon your interpretation? What can you do as a nursing student? What did you do? What could you do as a nurse? What therapeutic communication techniques did you utilize?</p> <p>I can be an advocate for this patient and provide helpful methods so that this doesn't happen again. I listened to his thought process to see had any thing changed from the time he came until now. I ask him if there are any thing that I could do to help. I provided good eye contact, I listened, and I also</p>	<p>What is something that you learned? What is something that you might do differently in the future? What is something that you did well? What additional knowledge or skills do you need to help you with future situations like this. Describe any changes in your values or feelings based on this interaction.</p> <p>I learned that he needed someone to train to. I learned that judging people based off their mental status is wrong. You can think some thing isn't wrong but outside people are saying things in the future I will have sure to not judge &amp; to use better &amp; be more compassionate. I got him to open up to me because I showed him I</p>

Cared. I  
would say just  
The process of  
making sure  
my energy is  
right and making  
sure I don't  
say or do thing  
to trader some  
Be mindful about  
my actions