

Noticing

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?

One of the things that I noticed with my client was that she was paranoid. While my client and I were going through one of the tools she seemed to constantly glance at the other people down the hall.

Interpreting

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. If your interpretation of the situation links to pathophysiology at all if so briefly explain.

I noticed my client glancing over at other people down the hall and I asked why she kept doing it. She told me that there were many fights there and that she was afraid to be in one. A similar situation that I have been in would be in my middle school years I was still a pretty small kid and if I noticed a fight may start happening I too would try to avoid it. In both our experiences we are afraid to be in a fight and want to avoid being in one ourselves.

Responding

What additional assessment information do you need based upon your interpretation? What can you do as a nursing student? What did you do? What therapeutic communication techniques did you utilize?

Additional information I would need based upon my interpretation would be if she has ever been in a fight. As a nursing student I can ask her questions that may get her to open up about being paranoid. What I ended up doing was asking her open ended questions about why she was paranoid. The therapeutic communication techniques I used was open ended questions, positive body language, and attentive listening.

Reflecting

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.

One thing that I learned is that the patients here can put on a front but it is important to remember that they are here because they are mentally ill. There were a lot of people that seemed like nothing was wrong with them however there would be little moments where they started to spiral out of control. Something I would do differently would be to ask more questions to the nurses to get a better sense of what it is really like on a weekly basis. I feel like something I did well was engage with the clients I was working with. I think some skills I need to work on would be to be able to get information out of clients. Even though I was able to get some good information out of my client I feel like that is a skill I could improve on. After this whole experience I can honestly say that I enjoyed the whole thing and really like being able to help out clients like that.