pt: Denise
1.27.23

Reflection Assignment

Noticing	Interpreting	Responding	Reflecting
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?	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.	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?	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.
I noticed that although my pt wasn't ~~straight~~ out irritable or aggitated but some of her word choice came across as irritable & aggitated. She is fixated on the fact that she wants to go home & kept mentioning that numerous times in a tone that made it clear she was not happy to be here. She was very cooperative but seemed anxious to get home. Makes me ~~wonder~~ wonder what exactly she is rushing to get back home to.	I noticed that she seemed anxious to leave the facility, ~~[illegible]~~ this was causing her to fidget. Feeling unrestlessness while not sleeping well can lead to increased levels of anxiety, ~~agitation~~, & irritability. B/c the brain is unable to get the rest it requires it can take a toll on the rest of the body as hormone production, among other things, can become impaired.	~~As a student, or a nurse~~ As a student or a nurse, I can give my patients an open & nonjudgmental ear to listen to them because sometimes, people just need to know that there is someone there that will listen to them & advocate for them.	Maybe I should have started with a more conversational approach & being less forward right off the bat. I could sense my patient didn't want to talk with me but did regardless so I think I rushed into the forms because I knew she didn't want to be here.