

## Reflection Assignment 1/27/2023

**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?

During my assessment of Eric, I noticed that much of our conversation was centered around his experiences in the military and how a General mistreated him. He said the General blamed him for his best friend's death, even though he had not seen his friend in over four months. Also, after his discharge, he experienced trouble at home with his longtime girlfriend cheating on him and leaving him for someone else. He was also in a car accident that resulted in him having to have surgery on the right temporal region of his skull. Eric spoke of past suicidal thoughts he had and thinks those suicidal ideations resulted from him running out of the medication he was taking following his surgery. He also stated that he experiences short-term memory loss due to the surgery. Eric initiated the conversation with me and was easy to converse with.

**Interpreting:** If something stood out to you or was abnormal, explain its 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 linked to pathophysiology at all, if so – briefly explain.

When I initially started to talk to Eric, I immediately noticed the large scar around his right temporal region of the skull. As we continued talking, he told me how the car accident caused that and how he now has short-term memory loss. I did notice that after our initial conversation, Eric would repeat things from our conversation as if he had not told me the information before. Also, when I went

through Eric's chart, I did notice that in the suicide-risk assessment, his answers were more indicative of being high-risk. When I went over the PHQ-9 with him, his total score added up to two. He did say that since he was admitted to the Pavillion on 1/25, he feels that he is in a much better head space and is ready to move forward with his life.

**Responding:** What additional assessment information do you need based on 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?

As I touched on previously, I used the PHQ-9 to assess Eric's risk for suicide since he was admitted for suicidal ideation and a history of attempts. I waited to use the PHQ-9 until I had conversated with Eric a few times. I wanted to establish some rapport before questioning him so I could get to know him better. Also, I engaged in several forms of therapeutic communication during our conversations to encourage him to continue talking. I used open body language, eye contact, and nodding to show that I was interested in what he had to say.

**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.

At first, I was slightly intimidated as I did not know what to expect. After walking around the unit, I engaged with Eric and used active listening to keep the conversation going. The biggest thing I learned was the use of group time. Although it was not said, I observed group time as a place where all the clients

could share their thoughts and experiences, which showed each of the clients that they are not alone and others have experienced the same things. There were several different group sessions while we were there, and the structure of the care by the Pavillion is centered around participation in group activities. Something I may do differently next time would be to do the mental status examination and another tool at the same time. I did them separately this time, but I think it worked out well. Lastly, I hope to gain more knowledge of the different types of medications used for suicidal ideations, so I can begin to understand how they affect the brain and body.