

Noticing

What did you notice during your mental status examination of the client? Were there any assessment that stood out to you?

The client was pleasant and was answering questions appropriately. In no acute distress, well-groomed and dress appropriately. When asked about if she is experiencing memory impairment on the Cognition category of the Mental Status Examination, she chose Short Term impairment. Upon further assessment, she states that she is having a hard time remembering what she did yesterday. She does not know when it started and that it does not occur daily but only on some days. When asked if it is because of medication side effects, she states that she do not know.

Interpreting

If something stood out to you or it was abnormal, explain its potential cause your patterns that you noticed. Describe any similar situation you have experience/ as well as similarities or differences between the experiences. Is your interpretation of the situation links to pathophysiology at all, if so briefly explain.

The short term memory could be a side effect of the medications that she take. According to the study made by researchers from Cambridge University, depression may cause short-term memory loss. Patients also struggle with executive functions such as paying attention, focusing on tasks and to self-monitoring their behavior (Emery et al., 2018). I would say this is similar to my past experience with depression. In my depressive episode, I try to intentionally forget unpleasant experiences and memory and push it to the back of my mind as a coping mechanism.

Responding

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

I would investigate more on the short-term memory that the client has reported. I would need more information about the client's medications, and progress that she has made throughout her stay in the facility. I can advocate for the client and let the nurse know my findings and assessment. I reported my assessment to the staff on the unit. The nurse can reevaluate and reassess on the client's behavior and report to the Primary Care Provider if there are unusual changes and plan an intervention if needed. I utilized open-ended questions, eye contact, and provided space/distance per client's comfort.

Reflecting

What is something that you learned? What is something that you might have done differently in the future? What is something that you did well? What additional knowledge or skill do you need to help you with the future situations like this. Describe any changes in your values or feelings based on this interaction.

Being in a Mental Health facility for the first time made me realize and apply and information that we learned in class. The main thing is that mental health illness/condition is invisible. A person can look totally fine, but it is opposite of what they are thinking. While we were there, the group of clients have tight schedule for the day. In the future, I would ask more questions as appropriate to know more about the client and to have a better picture. I believe that I utilize open ended questions with the client. I will need to be more aware of their responses, body language and nonverbal communication because their mood can change very quickly and some question that are asked might be triggering.

References

- Emery, T., Henson, R. N., Kievit, R. A., Schweizer, S. (2018). Symptoms of depression in a large healthy population cohort are related to subjective memory complaints and memory performance in negative contexts. *Psychological medicine*, 48(1), 104–114.
<https://doi.org/10.1017/S0033291717001519>

Additional Assessment

Noticing

Why did you choose this additional assessment? What did you notice during your additional assessment of the client? Were there any assessment that were abnormal or that stood out to you?

I chose the PHQ-9 assessment because the client has suicide ideation. During the assessment, I noticed that the client is skeptical to answer some questions. The client has slower response on questions 6 and 9. What stood out to me is that she chose options that are ranked the highest on the scores.

Interpreting

If something stood out to you or it was abnormal, explain its potential cause your patterns that you noticed. Describe any similar situation you have experience/ as well as similarities or differences between the experiences. Is your interpretation of the situation links to pathophysiology at all, if so briefly explain.

There are few questions in PHQ-9 where the client chose 3 which is the highest number on the score scale. The total score of her PHQ-9 is 19 which is interpreted as moderate to severe depression that warrants treatment and intervention. The client chose option 2 (more than half of the days) on the question 9 which means that for the last two weeks, she have thoughts of hurting herself in some way and that she would be better off dead.

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 could you do as nurse?

Based on my interpretation, I need to ask follow-up questions. Questions like what factors are causing her to have trouble sleeping or staying asleep, what are some of her coping methods, and what are her preferred activities. As a nursing student, I will be a mandated reporter and report any pertinent information from my assessment. I reported PHQ-9 result to the staff on the unit. As a nurse I would reevaluate, reassess, give client words of motivation if they needed it, give client time and be present, utilize effective communication techniques, communicate with the provider, and obtain orders as needed.

Reflecting

What is something that you learned? What is something that you might have done differently in the future? What is something that you did well? What additional knowledge or skill do you need to help you with the future situations like this. Describe any changes in your values or feelings based on this interaction.

I learned that many factors affect the answers of the client and need more follow up questions for more accuracy. In the future, I would like to spend more time with a client in a environment where the client can focus and not be distracted with external stimuli. I utilized open-ended question and made sure that she knows all her answers are confidential. I learned that mental health can affect physical health. On the questionnaire, there is a correlation between feelings of depression and poor appetite and overeating that could lead to physical ailment.