

Noticing

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

I chose the patient health questionnaire 9 because my patient had been going through depression. My patient was actually set to go home the next day so she seemed in a great mood. However with some of her answers you could still tell that she was still struggling a little with her depression.

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.

One thing that stood out to me on this tool was that my patient answered a 3 on only one question, that was trouble falling asleep at night. This is likely because her mind becomes restless whenever it is time for bed making it difficult to fall asleep. I have experienced this a couple times however mine would be more with anxiety over a test or something big that was happening the next day.

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?

One thing that would be useful to know would be how having trouble falling asleep affects her everyday life. One thing I can do as a nursing student is ask questions on how she feels throughout the day. I watched her throughout the day and interacted with her multiple times to see how her mood was. I would ask her open ended questions and I would use active listening, I also had a very calming and open demeanor.

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 I learned is that mental illness is not always seen well on the outside. Something I may do differently in the future would be to ask more questions and try to get the patients to open up more. Something that I did well was interacting with the patients, I was there to help with anything they need and even though I was only there for a day I feel like I gained some trust with them. I think the best thing for me would be to just have some more experience with situations like these. I would say that I overall loved being in a pediatric unit helping kids with mental health disorders.