

## PHQ-9 Reflection Assignment 1/27/23

**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 stood out to you?

I chose to do the PHQ-9 because Eric has a history of suicidal ideation and attempts. I thought this tool would apply the best to Eric's situation. What stood out was how open to the idea Eric was to go through the assessment. As we went through the assessment together, Eric answered each question honestly and explained each decision to me. Eric answered two questions with "several days," and his total score was two. For Eric's situation, I would say that his answers were not abnormal. He also mentioned that he believes the medication he is taking is beneficial.

**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.

The only thing that stood out to me was Eric's openness to going through the PHQ-9. As stated above, Eric explained each aspect of his chosen answer and linked his improvement to his medications. Eric said he was admitted to the Pavillion for suicidal ideations and not taking his medication. He believes that the time he has spent there has been beneficial.

**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?

Before I went through the PHQ-9 with Eric, I reviewed his chart and statements on his admission assessment. I recall Eric had ideas of jumping off of a bridge and self-harm. While going through the assessment, Eric referenced his past thoughts and feelings of self-harm. He indicated those thoughts have dispersed since being at the Pavillion.

**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.

I learned that communication is a large part of the efforts of the Pavillion. The group therapies I attended with the clients focused on ways to improve the communication of the clients with others. Since the Pavillion emphasized communication, Eric was open to going through the PHQ-9 with me and explaining the reasoning behind his answers.

I would like to use a different tool the next time I go. I could look for a client with a substance abuse disorder and use the CAGE or drug use questionnaire. I would communicate with these clients outside the questionnaire to better understand their experiences and how they ended up in their position.