

Reflection Assignment

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?

The client has no interest in doing things, she is just laying and staying in bed. She doesn't seem to want the help and is only here due to being court ordered.

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. Is your interpretation of the situation links to pathophysiology at all, if so - briefly explain.

The only abnormal thing that stood out to me was how calm she was and undisturbed by talking about her drug use and affected relationships. She seems to show little emotions.

I have seen patients to have no emotion when on a new prescribed depression medicine.

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 a nurse? What therapeutic communication techniques did you utilize?

The therapeutic communication techniques I utilized was, I got down to her eye level and had open body language, removed eye contact. An additional assessment I need would be a depression screening due to my observation of showing no emotion and no interest.

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 think I used therapeutic communication well. I learned how to restate things in order for clarification and getting more information. I learned how to do my first mental status exam and observe the patient's mood/affect and behavior.

With more experience I will be better at communicating and knowing what assessments to do and how to get patients comfortable with me.