

Reflection Assignment

Noticing	Interpreting	Responding	Reflecting
<p>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?</p> <p>An abnormal observation I noticed was her mood being tired and depressed. Besides the patient's mood, she was very cooperative, with good eye contact and speech. She didn't want to get out of bed and participate in things; she just wanted to sleep. She doesn't seem to want the help and is only here due to being court-ordered.</p>	<p>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.</p> <p>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 have no emotion when on a newly prescribed depression medicine and adjusting but not in this situation.</p>	<p>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?</p> <p>I utilized therapeutic communication techniques by lowering to eye level when talking to her, having open body language, and having active listening skills. An additional assessment I need would be a depression screening due to my observation of the patient showing no emotion or interest.</p>	<p>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.</p> <p>I learned how to do my first mental status exam and observe the patient's mood/affect and behavior. More experience will allow me to communicate and know what assessments to do and make patients comfortable with me more proficiently.</p> <p>In the future, I can learn how to gain trust with a patient before asking them my assessment tools. This will help them to be able to open up more and be honest and tell me what they are truly experiencing.</p>