

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?

My observations regarding the client's appearance were neat and clean during my mental status assessment. The client's motor activity, eye contact, and speech were all normal. That day, the client's mood was upbeat. The client worked together with others throughout the day for each group activity. I found nothing unusual or stood out in the client's mental state assessment.

Interpreting

If something stood out to you or it 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 experience. Is your interpretation of the situation linked to pathophysiology at all, if so, briefly explain

There was nothing that stood out to me or was abnormal. During the morning, the patient was content, and by lunchtime, the patient was upbeat and laughing with other patients throughout the day in each group activity. During the mental status exam and the suicide risk screening tool, the patient offered to do it. The patient cooperated with each question and was more than happy to do the exam and tools.

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?

As a nursing student, I can either stay with the client and just be silent, giving the client a chance to think and process their thoughts, or I can be an active listener and show interest if the client is willing to talk. I was accepting of the client. I acknowledged what I was being told and affirmed that she had been heard. As a nurse, I could reevaluate a suicide risk screening tool with the client or inform them about the National Suicide Prevention Lifeline as a nurse. Active listening and acceptance were my therapeutic communication strategies.

Reflecting

What is something that you learned? What is something that you might do differently in the future? What is something 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 realized that even if someone seems cheerful and well-groomed, you never really know what they are going through mentally. I might continue to practice therapeutic communication in the future and figure out which communication techniques are most effective for that client. Recognizing what the client was saying and ensuring that they were being heard were two things I performed effectively. I need help with any further knowledge or abilities I may need in scenarios similar to this in the future. Although I was aware of what suicide was, I had never met or been around anyone with suicidal thoughts. I don't believe this interaction has changed my values or how I feel in any way.

