

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 (PHQ-P) for the additional assessment because since I was already aware that the client was having suicidal thoughts, I decided it would be best to learn what might be bothering him. During the additional assessment, I observed that the client occasionally showed little interest in or pleasure in doing things and had difficulty focusing on things, such as participating in group activities and thinking about injuring himself. I noticed that the client would harm himself whenever he had no interest in participating in the activities, which I found abnormal or stood out to me. The client would frequently bang his head against the wall.

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 difference between the experiences. Is your interpretation of the situations links to pathophysiology at all, if so briefly explain.

The client harming himself by banging his head against the wall caught my attention as being unusual. The client would hit his head against the wall whenever he displayed little enthusiasm in an activity. The client appeared to be demonstrating how to vent frustration. My nephew would hit his head against the wall or the floor whenever he was angry, similar to other instances of the client's head banging. My nephew, who is autistic and was nonverbal then, makes a difference between the two situations. A pathophysiology link could be that Head banging is a rhythmic motor activity that may occur in normal infants, young children, and children with underlying psychiatric or neurologic disease.

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?

Additional assessment information I needed based on my interpretation was reviewing the client's chart and better understanding his admission. As a nursing student, I could let the charge nurse know the situation after the client stops performing self-harm to him. The tech stepped in immediately to prevent the client from harming himself. After several attempts to get the client to stop, the tech removed the client to claim down for 10 minutes. The tech was right on the situation before I could try and stop it myself. As a nurse, I could do expertly what the tech did. Step in to try to stop it or remove the client to have a moment to himself with supervision.

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 the client prefers to self-harm to express his frustration than to attempt to talk to others. I was asking questions like whether the client's head banging is typical for him and why the client tends to do it are things I might do differently in the future. Rather than assuming it's a result of frustration. I did good by reviewing the client's chart for more information rather than relying solely on my observation. I need to acquire additional knowledge or skills to assist me in situations like these in the future, as the nurses may ask me more questions—no changes in my values or feelings based on this interaction.