

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>I noticed the client seems in a euthymic mood compared to others. During group activities, he had an optimistic outlook and openly shared situations. I didn't have any abnormal assessments. He seemed very friendly, approachable, and cooperative.</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>I noticed that this client seemed more approachable compared to others. He interacted with others and participated well in group therapy activities. I don't have much experience, but compared to some detox patients can be irritable and restless. He was very positive, and I believe this is because he was a voluntary admit compared to others being court-ordered. There was not much that stood out to me abnormally besides the fact he wanted to be there, and most of the others did not.</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>An additional assessment I completed was the Cage questionnaire, but I also needed a depression screening. Alcohol detox can give a risk of depression as well as excessive alcohol use. I did ask how he would describe his mood and if he had any thoughts of self-harm. I also could have done a drug use questionnaire to see if he used any other substances. As a nursing student, I helped with group therapy and did my rounding every 15 minutes on the floor. This allowed me to meet everyone and establish a relationship. While speaking to the client, I used my therapeutic skills, like getting down to eye level with the patient and maintaining eye contact. I actively listened and engaged in the conversation. I did my assessment gradually, allowing him to personalize and share information. This helped my assessment not seem as if it was an interrogation.</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 that some people could acknowledge they have a problem and need help. After this, they are strong enough to seek treatment, which can be complicated and challenging. My last assessment was on a patient who was forced to rehab and was court-ordered with no choice, and now this patient voluntarily wanted treatment. This has helped me learn to observe the difference between patients that are compliant in seeking treatment and those who are against it. I don't have any changes in values or feelings, but I feel as if I am gaining experience in therapeutic communication with all patients, especially substance use and alcohol detox. In the future, I will try and do my next assignment on someone with a different experience to gain some knowledge elsewhere. Still, I interact with everyone throughout the day, which is very helpful and allows me to gain experience.</p>

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<p>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?</p> <p>I chose to do the Cage questionnaire because he said he has a problem with alcohol, and this is why he sought treatment. I noticed that the client was not currently visibly experiencing any withdrawal symptoms. He answered yes to every question because he wants to quit drinking and feels he has let his friends and family down due to his excessive drinking.</p>	<p>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 experiences. Is your interpretation of the situation links to pathophysiology at all, if so – briefly explain.</p> <p>I didn't assess anything abnormal, but I thought it was great that he wanted to quit drinking altogether. He is aware that he has a problem and needs/wants help. He stated that once he has one drink, he has no self-control and keeps drinking. He didn't speak much about why he drinks, but from my interpretation, I think this is his coping mechanism and has been for years without a problem. I think the problem had just recently begun in the past few years because he talked about how his kids are grown now. My interpretation is that he doesn't have to take care of a younger child actively, it is easier to drink and keep drinking and get belligerent when you don't have any "responsibilities" to tend to 24/7 after work.</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?</p> <p>I need to know precisely how long he has been drinking and when he thinks the problem began. Also, if he has ever tried to seek treatment or if this is his first time, and if he has any substance abuse along with drinking alcohol. As a nursing student, I can observe how the clients react to the activities in the group and how approachable and open they may be to an assessment. I participated in the activities, reviewed the client's work and thoughts, and learned many things.</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 to establish a relationship with the inpatient throughout the day and did my assessment in the afternoon. This allowed me to talk with the patients more; they openly gave me more information and were more comfortable. This time my communication flowed well, and I responded well to the situations he explained. Also, with other patients throughout the day, I was able to make connections and relationships and gain trust.</p>