

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 during the mental health examination with my client, she was cooperative, kept eye contact, speech was clear and understood, her appearance was neat, and she had no cognitive impairments. What stood out to me was that my client kept fidgeting, by moving around a lot in her seat and playing with her hands during the conversation.</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>When my client was fidgeting during the assessment, I realized it was because she was restless, she had yawned a handful of times while I was present, and I had at one point asked her if she was tired, in which she had replied that she hadn't gotten a lot of sleep the night prior and doesn't sleep the best where she is. Personally, I have experienced times where I am fidgeting because of my attempt to stay awake and/or being nervous/anxious during the conversation or whatever was happening for me at the time. That is a form of me coping with whatever situation I am. This is</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>Based on my interpretation I could have asked the client if there would be a better time to do an assessment on her or perhaps allow her to take a nap since she seemed restless. As a student nurse I had asked her if she was fine, and she had responded with the answer that she was feeling restless. The therapeutic communication that I had utilized was eye contact during the entire conversation, and then also being silent and letting her be reassured that she has a listening ear and I'm willing to hear her out. I ended up asking her if she was comfortable in the room that we were in because we were in a smaller room with a little table and just the two of us, in which she replied that she was.</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 read body language better than I have in other experiences. With this experience. At first when I noticed my client was fidgeting, I automatically thought to myself "she's anxious or nervous", but then when I kept talking to my client and she eventually yawned, my mind had changed. Something I'll do differently in the future is not jump to conclusions and assume at firsthand but rather look more into the situation and be able to read it. Something that I did well was ask my client if they were</p>

	<p>like what my client was experiencing.</p>		<p>comfortable and let them know that I do care about them and their opinions. My feelings changed because I was quick to assume, but I can be missing very important signs in my patients when doing that, so I must refrain from doing that.</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 this additional assessment based upon my client having suicidal ideation-self harm precautions being listed in her chart. During this additional assessment I had noticed that my client was fidgety while still engaging in the conversation openly. What stood out to me was the client stating the past attempts to kill herself and there was one occurrence for every year since 2018. She had used many methods such as overdosing, strangling herself, and cutting.</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>The pattern I had noticed when asking the client, the reasoning for her attempts, she had let me know that each time was because that she doesn't feel like she belongs, and life would be less hard for her family if she wasn't here at all. I have personally not experienced this, but I know that I have felt like it would be easier for my family if I hadn't been here when I found out that I was adopted, and the situation is similar because her mom moved to another state and left her with her dad then her dad dropped her off and said he wouldn't be back. The experiences are similar because they make you feel like a burden when you didn't ask to be here in the first place, so it does put you</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>Based on my interpretation, I could have asked my client if she has any contact with any family members at all. As a nursing student, I could have asked her if she experienced any health issues after her overdose on medications she was taking at the time. I had used therapeutic communication during this time to make sure my client knew that I was there for her without me having to state that. I had open body language, was restating things that were told to me, and having eye contact with active listening as well.</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 no matter how young you are, your life can take a toll on you even if you haven't lived much of a life. My client is only 15 and it made me rethink how I felt when I found out I was adopted, I was distraught and confused, but most of all heartbroken. As I still have a hard time coping with the fact that I am adopted to this day. The things that I might do in the future is engage more about how the client copes while being at the facility and what does she do to feel better from day to day. Something that I did well was make sure I was thorough in my assessment and let her</p>

	<p>in a tight corner it feels like, as well as a bad mindset by not feeling wanted.</p>		<p>talk without interruptions. I think this conversation was better than my last assessment which was my first assessment and with time I will become better in future situations when it comes to talking about difficult things. My feelings changed because I did want to cry, and it is very difficult to hold back emotions in situations where I once had felt the same way and having a daughter of my own. I am glad I didn't display that to the client, but I did need a break after I had gotten done talking with her.</p>
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Mental Health Assessment Tools