

Assessments and Reflection in Mental Health Nursing

A Learning Activity Focused on Clinical Judgement

- Each student has four clinical days at the Pavilion.
- One of these days will require the student to complete a care plan.
- The other three days will require the student to engage in the clinical and complete this assessments and reflection learning activity.
- Please see the rubric for information on grading. The rubric is completion based. The purpose of this activity is to help you practice your assessment skills, critical thinking, and clinical judgement.
- Failure to complete the clinical assessment and reflection activities will affect your overall course grade and could result in clinical failure.
- This learning activity should be completed at the clinical site. This is not meant to be homework. The only part of this activity that may need to be completed at home is uploading your completed documents to the Edvance360 dropbox.

- 1. The student should select a client to assess. The student should learn about that client from staff or the client's chart prior to completing the assessment, so they have baseline knowledge of their client.**
- 2. The student should complete a mental status examination on the client. (The mental status exam is provided in this packet on page 5).**
- 3. The student should utilize therapeutic communication throughout their interactions with the client.**
- 4. The student should select 1 additional assessment to complete on their client based upon their current understanding of the client's needs. (Additional assessments are located in this packet on pages 6 through 15).**
- 5. The student should complete one reflection assignment for each assessment they completed.**

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>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>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>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>During the mental status exam, I noticed how focused and cooperative the patient was. The patient stated he had auditory hallucinations today which stood out to me as an abnormal assessment.</p>	<p>The patient stated he was having auditory hallucinations and that he has had them in the past. I asked him what the voices are saying to him and he stated they usually say his name but today they also were yelling at him to wake up. I notified the nurse of this assessment finding so we could take any other necessary further steps needed.</p>	<p>The patient stated that they do use or have used drugs prior to their admission so I chose that as my additional assessment as sometimes withdrawal can cause hallucinations. As a nursing student, I can update the patient's nurse and provider of any abnormal findings in my assessments. As a nurse, I could advocate for my patient's wants and needs in their care. I used therapeutic communication techniques such as active listening and open-ended questions.</p>	<p>I learned how important it is to do routine assessments on our patients especially in the mental health field. In the future I would try to get more aquatinted with the patient earlier in the day so they are more comfortable with me, while he was very open and cooperative, I feel that it would have established a little more trust. I feel that I did well at maintaining a therapeutic environment and communication with the patient.</p>

Noticing	Interpreting	Responding	Reflecting
<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>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>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>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 chose this additional assessment because the patient indicated that use substances and that was one of the reasons that led to their current admission. I noticed that the patient was very cooperative and willing to answer any of my questions and that the patient had quite a high score especially for an adolescent.</p>	<p>The patient had a high score in the drug use assessment which could indicate abuse or dependence, he stated there is a family history of substance use, so it made me wonder if it was his family environment that sparked his interest in illegal or prescription substances.</p>	<p>Based off some of the patient's responses during this assessment I feel that it would be beneficial to do a suicide risk assessment as well in addition to the drug use assessment. As a nursing student I can update the nurse with my findings and compare notes and advocate for the patient. As a nurse I can be an advocate as well for their care and routinely check on my patient and how they are progressing with their treatment plan.</p>	<p>I learned that drug usage is a real problem in today's society that is not only affecting our adult population but also our adolescent population. If I was to do anything differently, I would try to take the patient to an even more secluded area when speaking with them, while he was very open during the process he did start to look around and wonder when people would walk past us. Almost as if he did not want his peers in group to know what he truly has gone through and done.</p>

	0 points	10 points
Assessments (2)	The student did not submit two completed assessments	The student submitted two completed assessments
Reflection 1 – Mental Status Exam	The student did not answer a minimum of one prompt for each column of the activity.	The student answered a minimum of one prompt within each column of the activity.
Reflection 2 – Additional Assessment	The student did not answer a minimum of one prompt for each column of the activity.	The student answered a minimum of one prompt within each column of the activity.

Mental Status Exam

Client Name	Jack	Date	3-3-2023
OBSERVATIONS			
Appearance	<input checked="" type="checkbox"/> Neat	<input type="checkbox"/> Disheveled	<input type="checkbox"/> Inappropriate <input type="checkbox"/> Bizarre <input type="checkbox"/> Other
Speech	<input checked="" type="checkbox"/> Normal	<input type="checkbox"/> Tangential	<input type="checkbox"/> Pressured <input type="checkbox"/> Impoverished <input type="checkbox"/> Other
Eye Contact	<input checked="" type="checkbox"/> Normal	<input type="checkbox"/> Intense	<input type="checkbox"/> Avoidant <input type="checkbox"/> Other
Motor Activity	<input checked="" type="checkbox"/> Normal	<input type="checkbox"/> Restless	<input type="checkbox"/> Tics <input type="checkbox"/> Slowed <input type="checkbox"/> Other
Affect	<input checked="" type="checkbox"/> Full	<input type="checkbox"/> Constricted	<input type="checkbox"/> Flat <input type="checkbox"/> Labile <input type="checkbox"/> Other
Comments:			
MOOD			
<input checked="" type="checkbox"/> Euthymic <input type="checkbox"/> Anxious <input type="checkbox"/> Angry <input type="checkbox"/> Depressed <input type="checkbox"/> Euphoric <input type="checkbox"/> Irritable <input type="checkbox"/> Other			
Comments:			
COGNITION			
Orientation Impairment	<input checked="" type="checkbox"/> None	<input type="checkbox"/> Place	<input type="checkbox"/> Object <input type="checkbox"/> Person <input type="checkbox"/> Time
Memory Impairment	<input checked="" type="checkbox"/> None	<input type="checkbox"/> Short-Term	<input type="checkbox"/> Long-Term <input type="checkbox"/> Other
Attention	<input checked="" type="checkbox"/> Normal	<input type="checkbox"/> Distracted	<input type="checkbox"/> Other
Comments:			
PERCEPTION			
Hallucinations	<input type="checkbox"/> None	<input checked="" type="checkbox"/> Auditory	<input type="checkbox"/> Visual <input type="checkbox"/> Other
Other	<input checked="" type="checkbox"/> None	<input type="checkbox"/> Derealization	<input type="checkbox"/> Depersonalization
Comments:	Patient states that their most recent hallucination was today that was saying his name and to wake up.		
THOUGHTS			
Suicidality	<input checked="" type="checkbox"/> None	<input type="checkbox"/> Ideation	<input type="checkbox"/> Plan <input type="checkbox"/> Intent <input type="checkbox"/> Self-Harm
Homicidality	<input checked="" type="checkbox"/> None	<input type="checkbox"/> Aggressive	<input type="checkbox"/> Intent <input type="checkbox"/> Plan
Delusions	<input checked="" type="checkbox"/> None	<input type="checkbox"/> Grandiose	<input type="checkbox"/> Paranoid <input type="checkbox"/> Religious <input type="checkbox"/> Other
Comments:	Not currently but was experiencing suicidal ideation and some aggression.		
BEHAVIOR			
<input checked="" type="checkbox"/> Cooperative <input type="checkbox"/> Guarded <input type="checkbox"/> Hyperactive <input type="checkbox"/> Agitated <input type="checkbox"/> Paranoid			
<input type="checkbox"/> Stereotyped <input type="checkbox"/> Aggressive <input type="checkbox"/> Bizarre <input type="checkbox"/> Withdrawn <input type="checkbox"/> Other			
Comments:			
INSIGHT	<input checked="" type="checkbox"/> Good	<input type="checkbox"/> Fair	<input type="checkbox"/> Poor <input type="checkbox"/> Comments:
JUDGMENT	<input checked="" type="checkbox"/> Good	<input type="checkbox"/> Fair	<input type="checkbox"/> Poor <input type="checkbox"/> Comments:

Mental Health Assessment Tools

DRUG USE QUESTIONNAIRE (DAST-20)

Name: DOB Date:

The following questions concern information about your possible involvement with drugs not including alcoholic beverages during the past 12 months. Carefully read each statement and decide if your answer is "Yes" or "No". Then, circle the appropriate response beside the question. *Please answer every question. If you have difficulty with a statement, then choose the response that is mostly right.*

In the statements "drug abuse" refers to:

- the use of prescribed or over the counter drugs in excess of the directions and
- any non-medical use of drugs.

The various classes of drugs may include: cannabis (e.g. marijuana, hash), solvents, tranquilizers (e.g. Valium), barbiturates, cocaine, stimulants (e.g. speed), hallucinogens (e.g. LSD) or narcotics (e.g. heroin). Remember that the questions do not include alcoholic beverages.

No	Questions	Response	
1.	Have you used drugs other than those required for medical reasons?	Yes	No
2.	Have you abused prescription drugs?	Yes	No
3.	Do you abuse more than one drug at a time?	Yes	No
4.	Can you get through the week without using drugs?	Yes	No
5.	Are you always able to stop using drugs when you want to?	Yes	No
6.	Have you had "blackouts" or "flashbacks" as a result of drug use?	Yes	No
7.	Do you ever feel bad or guilty about your drug use?	Yes	No
8.	Does your spouse (or parents) ever complain about your involvement with drugs?	Yes	No
9.	Has drug abuse created problems between you and your spouse or your parents?	Yes	No
10.	Have you lost friends because of your use of drugs?	Yes	No
11.	Have you neglected your family because of your use of drugs?	Yes	No
12.	Have you been in trouble at work because of drug abuse?	Yes	No
13.	Have you lost a job because of drug abuse?	Yes	No
14.	Have you gotten into fights when under the influence of drugs?	Yes	No
15.	Have you engaged in illegal activities in order to obtain drugs?	Yes	No
16.	Have you been arrested for possession of illegal drugs?	Yes	No
17.	Have you ever experienced withdrawal symptoms (felt sick) when you stopped taking drugs?	Yes	No
18.	Have you had medical problems as a result of your drug use (e.g. memory loss, hepatitis, convulsions, bleeding, etc.)?	Yes	No
19.	Have you gone to anyone for help for a drug problem?	Yes	No
20.	Have you been involved in a treatment program specifically related to drug use?	Yes	No

SCORE:

DAST Scoring: Each "Yes" response = 1 point, except questions 4 & 5. For questions 4 & 5 only, a "No" response = 1 point.