

## 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?**

I noticed during the mental status examination that the client was very anxious. During the assessment, any time the client would talk, she would rock her body back and forth and kept apologizing for only talking about herself. The client stated she has bad anxiety and suicidal ideation. There was nothing that was abnormal or stood out to me.

## 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**

Nothing caught my attention or seemed out of the ordinary. The client offered to discuss her situation and what brought her to the pavilion for a third time during the morning group activity. She frequently apologized when speaking to her peers since she was so anxious. The client expressed her desire for her story to assist those experiencing depression. Social anxiety is a comparable condition that I have gone through. Whenever I have to speak in front of a group, I feel similar anxiety. She struggles with her anxiety on a regular basis, but I only experience it when I have to do something uncomfortable for me.

## 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?**

She shared her issue in the group and cooperated during each assessment, so I didn't need any extra assessment data to support my interpretation of the client. As a nursing student, I can use therapeutic communication techniques like active listening. Nothing was more important to the client than to be heard. I assured the client that I had listened to her by giving her some clarification. I may advise the client about the National Suicide Prevention Helpline or, as a nurse, complete a suicide risk assessment tool with them. My therapeutic communication techniques included active listening and acceptance.

## 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 discovered that the client was coping with multiple disorders. She also suffers from MMD and anxiety. I performed well as a good listener to the client while conducting her mental status examination. Practicing sharing feelings and using touch as therapeutic communication are two things I might do differently. I would need more information or abilities to assist in such situations in the future, such as figuring out how to make the client feel at ease while their

anxiety is so high during communication. No changes in my values or feelings based on this interaction.