

## Reflection Assignment

During the mental status examination of my client, I documented the patient's appearance and general demeanor, level of awareness and alertness, motor and vocal activity, mood and affect, thought and perception, attitude and insight, the examiner's reaction, and, finally, higher cognitive capacities. The clinical relevance of certain cognitive abilities including attentiveness, language, memory, constructional ability, and abstract reasoning is highest.

My client's general appearance was disheveled while I was conducting the mental status examination on him or her, which I believe was caused by exhaustion. The client's voice, eye contact, and motor activity were all normal. While responding to the mental status examination questions, the client's demeanor appeared worried and tired. There were no issues with the client's memory, attention, or orientation. The client denied having any delusional, suicidal, homicidal, or hallucinatory ideas. The client cooperated during the examination and provided reasonable insight. I could tell that the client had good judgment when I asked them what they would do if they found a purse and they replied that they would give it back to its proper owner. The only part that stood out to me was how exhausted the client appeared.

Mentally exhausted people frequently experience depression, and those who are depressed have mental exhaustion. Numerous symptoms, such as a loss of enjoyment, trouble sleeping, and cognitive impairment, overlap. People may lack the drive or energy to carry out their regular tasks when they are fatigued. They may be at risk of acquiring depression due to their lack of motivation. Depression may also be fueled by fatigue. Depression fatigue can make it difficult for a person to work or learn, to maintain healthy relationships, and to avoid going to the doctor as often. Since being fatigued causes the body to produce more cortisol to cope, the

client could feel both wired and exhausted. Because of the physical tiredness and elevated stress hormones that lead to this acute stress-related sense of high anxiety, some people also suffer from panic attacks that are caused by exhaustion. Every time I go without sleep I tend to feel different while I try to go through my day.

Based on my interpretation of how the examination went, I think I might need some more information about how much sleep the client is getting and why the client thinks they are losing sleep. As a nursing student I could let someone know how the client is feeling and they could get more information about the situation that is going on. While performing the mental status assessment and learning about the client's exhaustion I tried to make the assessment quick, and I also made sure if there was anything I could do to help with how the client was feeling. As a nurse in the future, I could get more acquainted with the client and find out ways to help the client whether that be with medication or other therapeutic options. Some therapeutic communication techniques that I used while performing the assessment was active listening, focusing, clarification, and reflection.

Something I learned during this experience was communication techniques and ways of changing my sentence structure to best fit the situation and who I am communicating with. Something I might do differently next time is take more time to learn more about my client. I believe that I did well at making sure that everyone had what they needed, and I also feel like I helped pass the time for some of the other clients that were there while I was helping. Some additional skills I might need in the future are confidence and learning more about mental health. This interaction really helped me view people with mental health in a different light. Before this interaction I was nervous about interacting with clients with mental health but after this

experience I realized that interacting with clients that have mental health is just like interacting with someone who doesn't have mental health concerns.

For the additional assessment that I performed, I chose the patient health questionnaire – 9 or the PHQ – 9. During the assessment, my client portrayed many concerning aspects while I was asking the questionnaire. For most of the questions that were asked, the client responded with these situations happening more than half the days in the last two weeks. The client claimed when asked that these problems made it somewhat difficult to do daily activities that the client is used to doing.

Depression and similar feelings that last for several days can cause someone to feel a lose interest in regular activities, experience sadness and emptiness, and struggle to complete tasks. Additionally, individuals may experience low self-esteem, failure, and hopelessness. A person's capacity to operate at work and at home may be affected by depression, which can also cause a variety of emotional and physical issues. Feeling down or having a depressed mood are two mild to severe examples of depression symptoms. loss of enjoyment or interest in once-enjoyed activities. I have experienced clients with depression and similar feelings like this before. People with depression tend to have some of the same feelings such as hopelessness and little energy.

Depression is influenced by genetic, biochemical, environmental, and psychological variables. Other mental problems and physical conditions like diabetes, cancer, heart disease, and chronic pain can coexist with depression. Both depression and these illnesses might worsen each other. I could use my understanding of this to do some additional assessments of my client. I could figure out if there is depression that runs in the family, if there are environmental aspects to the depression, if there are psychological aspects related to the depression, or if there are biochemical aspects that relate to the depression. As a nursing student I could do my best to

make the client feel as comfortable as they can and learn more about how they feel to try and help the situation. As a nurse I could try and give them some medication to make them feel better and more comfortable with the issues around them.

Something I learned during this experience was how depression can make someone act and feel. Something I might do differently in the future is do more research about the issue at hand to better understand and help the client. I believe something I did well was getting my client what they asked and being able to converse with the client. Some additional knowledge that would help me in the future is just knowing more about depression and what it can lead to. This experience helped me understand more about people with mental health concerns and how they struggle to cope with them.