Reflection Assignment

Noticing	Interpreting	Responding	Reflecting
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?	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.	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?	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.
I noticed that the Patient was open to discussing the topics but she was fidgetting. What stood out to me was that she said nearly everyday She moves around more than usual.	A potential cause of fidgetting is ADHD. I have experienced situations of someone with ADHD being similarly restless before. ADHD is a dysfunction of the brain which includes dopamine deficiencies and frontal lobe abnormalities. The frontal lobe of the brain controls attention span and organizational skills. The frontal lobe develops later on in a patient with ADHD. This can affect this patient based on her age.	The additional information needed is determining if an ADHD diagnosis is appropriate for this patient. This can be accomplished by a ASRS-v1 which assess symptoms of ADHD. As a nurse, avoiding distractions and giving simple instructions can help a patient with ADHD. Active listening, closed ended questions, open-ended questions, and acknowledgement are therapeutic communication techniques that can be utilized when interacting with a patient who has ADHD. I utilized these techniques as I interacted with the patient.	I learned that the patients within the unit strive everyday to better their mental health. I learned about ADHD. In the future, I might utilize more open-ended questions and prodding to learn more about the patient. I believe I interacted well with the patients and completed the MSE exam well. The changes in my feelings that I notice is less hesitation with conversing with mental health patients. I valued this first experience for that.

Noticing	Interpreting	Responding	Reflecting
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?	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.	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 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.
I chose the PSQ-9 assessment because based off of what I was noticing from my patient, I felt this assessment would be the best tool to uncover what might be going on. I noticed she feels badly about herself more than half the days. She has little energy more than half the days, and reported being Fidgetty or restless nearly everyday. She also reported trouble sleeping too much more than half the days.	A potential cause of sleeping too much and feeling tired/having little energy is anxiety. My roomate in the past had anxiety and she slept very often and still had complaints of fatigue. This is very similar to this patients' reports. Many mental health disorders can cause someone to report feeling badly about themselves. One of these being bipolar disorder. Being Fidgetty or restless can be caused by ADHD. Anxiety can be felt when the amygdala interprets stimuli as a threat. This causes the sympathetic nervous system to release adrenaline which disrupts cognitive functioning (Psychology Today, 2023).	Additional information that would be useful is a family history of mental Illness. As a nursing student I showed empathy and engaged in therapeutic communication with the patient. As a nurse, I may suggest breathing exercises, establish open communication, and conduct patient education. Listening to the patient helps the nurse understand what the patient is expirencing and helps the patient to feel heard.	I learned that there can be multiple causes for what is being seen in a patient. The nursing staff is vital in helping to determine the cause and affect. In the future I will try to dive deeper during my assesments. I believe I completed my assessments well. Becoming more knowledgable about mental disorders would help me in situations like this. Changes in my feelings include being more open to understanding a patients' experience with mental illness.

Mental Status Exam

Client Name				Date	

OBSERVATIONS

Appearance	☑ Neat	☐ Disheveled	☐ Inappropriate	☐ Bizarre	☐ Other
Speech	☑ Normal	☐ Tangential	☐ Pressured	☐ Impoverished	☐ Other
Eye Contact	☑ Normal	☐ Intense	☐ Avoidant	☐ Other	
Motor Activity	☑ Normal	☑ Restless	☐ Tics	☐ Slowed	☐ Other
Affect	☐ Full	☐ Constricted	☐ Flat	☐ Labile	☐ Other

Comments: Congruent to mood

MOOD

☑ Euthymic	☐ Anxious	☐ Angry	☐ Depressed	☐ Euphoric	☐ Irritable	☐ Other

Comments: "Okay"

COGNITION

Orientation Impairment	☑ None	☐ Place	☐ Object	☐ Person	☐ Time
Memory Impairment	☑ None	☐ Short-Term	☐ Long-Term	☐ Other	
Attention	☑ Normal	☐ Distracted	☐ Other		

Comments:

PERCEPTION

Hallucinations	☑ None	☐ Auditory	☐ Visual	☐ Other
Other	☑ None	☐ Derealization	☐ Depersonalization	

Comments:

THOUGHTS

Suicidality	☑ None	☐ Ideation	☐ Plan	☐ Intent	☐ Self-Harm
Homicidality	☑ None	☐ Aggressive	☐ Intent	☐ Plan	
Delusions	☑ None	☐ Grandiose	☐ Paranoid	☐ Religious	☐ Other

Comments:

BEHAVIOR

☑ Cooperative	☐ Guarded	☑ Hyperactive	☐ Agitated	☐ Paranoid
☐ Stereotyped	☐ Aggressive	☐ Bizarre	☐ Withdrawn	☐ Other

Comments:

INSIGHT	☑ Good	☐ Fair	☐ Poor	Comments:
JUDGMENT	☑ Good	☐ Fair	☐ Poor	Comments:

PATIENT HEALTH QUESTIONNAIRE-9
(PHQ-9)

Over the <u>last 2 weeks</u>, how often have you been bothered by any of the following problems? (Use "✔" to indicate your answer)	Not at all	Several days	More than half the days	Nearly every day
1. Little interest or pleasure in doing things	(0)	1	2	3
2. Feeling down, depressed, or hopeless	(0)	1	2	3
3. Trouble falling or staying asleep, or sleeping too much	0	1	(2)	3
4. Feeling tired or having little energy	0	1	(2)	3
5. Poor appetite or overeating	0	1	2	3
6. Feeling bad about yourself — or that you are a failure or have let yourself or your family down	0	1	(2)	3
7. Trouble concentrating on things, such as reading the newspaper or watching television	0	(1)	2	3
8. Moving or speaking so slowly that other people could have noticed? Or the opposite — being so fidgety or restless that you have been moving around a lot more than usual	0	1	2	(3)
9. Thoughts that you would be better off dead or of hurting yourself in some way	(0)	1	2	3

FOR OFFICE CODING ___0___ + __1__ + __6__ + __3__
=Total Score: __10__

If you checked off <u>any</u> problems, how <u>difficult</u> have these problems made it for you to do your work, take care of things at home, or get along with other people?

Not difficult at all	Somewhat difficult	Very difficult	Extremely difficult
☐	☐	☒	☐

References

Belleza, M., & R.N. (2023, July 22). *Attention deficit hyperactivity disorder: Pediatric nursing*

study guide. Nurseslabs.

Attention Deficit Hyperactivity Disorder Nursing Care Management

Psychology Today. (2023). *The Biology of Anxiety*.

The Biology of Anxiety | Psychology Today Australia