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Mental Health

Professor Irelan

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## Reflection Assignment

### Noticing:

I thoroughly enjoyed our clinical rotation to the behavioral health floor at OSF. This experience was very informative, and I enjoyed having the ability to interact with patients. During my mental status examination, I noticed that the patient was very involved in my questions and appeared very eager to have a conversation. The assessment I performed on the patient did not have any abnormal aspects that stood out. The patient did share information regarding a struggle to sleep appropriately and sometimes feeling as though they were not getting proper rest.

### Interpreting:

The patient has a history of insomnia and difficulties sleeping at night. I have encountered similar instances with previous patients I have worked with that struggle to sleep at night due to health concerns, or inability to sleep. The patient I spoke with informed me that they felt as though their concern for lack of sleep was more related to being in the Hospital. They slept better at home but felt as though the quality of their sleep decreased due to being in the hospital. Hospitals can be very overwhelming environments and decrease the form and quality of sleep patients receive.

Responding:

I performed a mental status exam, as well as a PHQ-9 depression exam. The additional informative that would be beneficial would be the patient's current diagnosis, medical history, and current medications. Medications can positively and negatively impact different individuals. If the patient has a history of insomnia this can impact the patients sleeping as well as if the patient is taking certain medications that may decrease their ability to sleep it can negatively impact their sleep. Therefore, being educated on current medications is highly important to determine the next steps in care. As a nursing student you may inform the nurse of the findings, and as an acting nurse you may discuss the cause and situation with the patient and if necessary, notify the acting physician about the patients' difficulties and concerns. Therapeutic communication is very important. I used different forms of therapeutic communication such as using eye contact, sitting level with the patient, active listening, and summarizing the patient's statements to ensure there was complete understanding.

Reflecting:

I learned a lot from this interaction and our entire experience with these patients. I learned how important body language is, and the importance of approaching conversations with others. In the future I may find different ways to approach the situation and different ways to conduct conversation. I think that I was able to appropriately direct the conversation to keep it professional, as well as focusing on the patient and their concerns and needs. I think I need to gain more information regarding mental health conditions so that I can be properly educated when approaching patients that are diagnosed with certain mental health conditions. I have always been very aware of the existence of mental health conditions, but I do not have much experience working with individuals that have been diagnosed. I think my feels and values based

on my interaction have not changed, but this interaction did push me to want to become more educated so that I may be helpful when conducting conversation.