

Paige Hennessy

Mental Health

Professor Irelan

9 September 2023

Reflection Assignment

Noticing:

I performed my mental status examination with one of the patients. There was no part or aspects of the assessment that stood out or appeared abnormal. The patient was very cooperative and calm. The patient was very eager to have a conversation and very receptive to my questions. The patient even appeared to be euthymic. There were no signs of hallucinations, delusions, or any form of orientation/memory impairment. The patient reported no feelings of active or passive suicidal ideation. As well as not feelings of active or passive homicidal ideation. The patient's judgement and insight were fair. I did not find or notice anything abnormal during this assessment.

Interpreting:

As I stated previously, I did not interpret anything abnormal during this examination. The patient was assigned to be discharged later this day and seemed eager to return home. I do not have much experience with patients who have been diagnosed with mental health disorders. The patient seemed to be in a positive mood and stated that they enjoyed reading. I think this was a very interesting part of the conversation as they were sharing their experienced and learned forms of coping mechanisms. I found this to be important because this is showing that the patient is aware of when they are feeling overwhelmed or controlled, they have found ways to calm their emotions in order to properly respond to situations. This is different for everyone.

Responding:

The additional informative that would be helpful would include the patients' medical history, as well as the patient's current medications. There are different ways to educate yourself as well as the patient on appropriate coping, and plan of care. It is important to be fully aware of what the patient is dealing with and their concerns and difficulties. As a nursing student it is important that you are relaying information back to the nurse and informing them of everything the patient has shared with you or that you have observed. As the nurse you could follow up with the patient and if needed, contact the acting physician. I used many forms of therapeutic communication including eye contact, open-ended questions, sitting level with the patient, and having open body language.

Reflection:

I have learned that each person has different forms and ideas for how to cope with their own personal feelings. Even if this mechanism may not work for you, it may work for someone else. Therefore it is important to be properly educated on all forms of coping so that as a nurse you may be able to assess the environment and the patient to potentially properly assist them in coping with their stressors. In the future I may find other ways to ask open-ended questions and different ways to begin conversations. I think that I did very well at directing the conversation once the patient and I had established communication. I think my goal from this interaction is to understand how to read body language and mechanisms better, as well as be educated more on different forms of coping mechanisms. I find all of this information extremely important and highly useful. I am very aware of mental health conditions, so I don't think this interaction changed my feelings or values, as they were already there, I do however feel like this interaction made me want to seek better education regarding mental health conditions.

