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Reflection Assignment: Patient Questionnaire.

### **Noticing**

I chose the patient health questionnaire-9 due to the straightforward questions that the questionnaire provides and the simplicity it allows for clients to answer the questions. During my assessment using this specific tool I noticed that my client expressed her feelings about her eating habits, lower energy levels, and restlessness when asking the specific questions provided on this tool rather than the MSE. The only assessments that stood out to me were my client's openness about her eating habits, low energy levels, and her experiencing issues with restlessness.

### **Interpreting**

I noticed a potential pattern for the client's main difficulties to go hand in hand with each other and possibly being a side effect of the other struggles that she referred to within the questionnaire. The client's struggle to eat properly and her expressing the frustration she endures when her energy levels are too low to do anything but also struggling with restlessness at the same time which she referenced to being a side effect of her struggles with anxiety. I have experienced clients with multiple difficulties they experience that go hand in hand with many mental health struggles that they are experiencing that is considered a separate problem for them but often multiple problems they experience all stem from one specific diagnosis that they all seem to piggyback off. No links to pathophysiology were noticed in this section.

### **Responding**

The only additional assessment information that I would need would be for the client to journal her eating and sleeping habits and to include moments of restlessness as well. As a nursing student all that I can do is ask the questions that need to be asked on the questionnaire and provide the client with positive feedback and support and that is what I did. As a nurse I could develop a nursing diagnosis and plan of care and speak to the client's provider about the client's assessment and how the provider would like us to move forward with the client's plan of care.

### **Reflecting**

By utilizing this questionnaire, I learned that there are multiple ways to ask each client questions that can directly pinpoint health issues that may not have been questioned within other MSE tools. This specific questionnaire allowed the client to focus on specific health concerns that they didn't really think

about as a health-related issue during the initial assessment process. In the future I will be more prepared by reviewing the client's file before the assessment and form questions specifically for that client to provide the best assessment possible for each client that I encounter. I feel like I listened to the client and gave her time to voice her feelings and concerns with what she is experiencing within her mental health while providing her positive feedback and support. I believe with time and practice skills will be built to provide each client with a beneficial assessment that will focus on assisting the client with reaching their health care goals. I feel like I understand more that each interaction with each client is going to be different and that each client deserves to have our full attention and to be provided with a positive environment while in our care and specifically while we are performing the client's individual assessment.