

Reflection Assignment

Noticing	Interpreting	Responding	Reflecting
<p>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?</p> <div data-bbox="347 575 553 905" style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>I noticed that my client was very excited to talk about his day and his feelings. It was the first day that he felt like having a conversation since arriving to OSF. There were not any abnormal assessments about my client during the MSE. He was aware of what was happening, and I felt like he answered the question to the best of his abilities.</p> </div>	<p>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.</p> <div data-bbox="589 659 797 884" style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>What stood out to me was repetition of the sentence, "this past weekend was the first time I have ever done anything like that." From personal experience, they are things that you have never done and then one day you start doing it. It could be as simple as taking a walk in the morning. In the patient's case, it was attempted as a suicide. This situation does not link back to pathophysiology because they was nothing physically wrong.</p> </div>	<p>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?</p> <div data-bbox="906 617 1045 989" style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>I knew little of the patient's background and story. As a nursing student, I can review the chart prior to the interview or simply as the patient what happened before the attempted suicide. I studied his history after the MSE. I took the patient into a quieter area, so he felt like I was focusing solely on him to make him feel like what he says matters. I asked questions when appropriate.</p> </div>	<p>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.</p> <div data-bbox="1146 680 1338 974" style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>Something that I learned so that therapeutic communication is very beneficial because it lets the patient have a sense of security and safety. I will be more open next time and will feel try to feel more comfortable the next time I do the MSE. What I did well was take the patient into a quieter area so he felt safe to answer the questions. I feel like after the MSE my feelings changed because I should never assume what these people feel.</p> </div>

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<p>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?</p> <div data-bbox="337 596 578 932" style="border: 1px solid black; padding: 5px;"> <p>I chose the addition assessment because I felt like it aligned that his attempted suicide and it focusing on his emotions and what he was feeling. During my addition assessment, I noticed that the more he talks, the more he wanted to share his feelings. I think the assessment findings were normal in his case. He spoke well and was not fidgety.</p> </div>	<p>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.</p> <div data-bbox="683 684 902 995" style="border: 1px solid black; padding: 5px;"> <p>I noticed that he kept bringing up his wife not helping around the house. He felt like he was doing all the housework and taking care of the home while she was at work. He was stressed out about money because he lost his job earlier this year. I am a mother and do housework. I understand the stress and strain that a home can bring. Especially if you do not help or feel like your spouse does not notice what you are doing and if you are doing it by yourself while they are work. Money is one of the biggest stresses they have in life. We can all relate to stressing about money including this patient. This does not link back to pathophysiology as his labs were normal</p> </div>	<p>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?</p> <div data-bbox="1008 636 1256 1062" style="border: 1px solid black; padding: 5px;"> <p>I needed more background information I noticed most of the patients on the floor had something that triggered them. In some cases, it was situation that they were in such as being stressed out money. As a nursing student, I can be more understanding and I can out myself in their situation and ask myself how I would react. I tried to ask more questions when he brought more stressing out about money and what the reason behind that which was he lost his job months prior to the attempted suicide. As a nurse, I can provide a sense of security and be open to have conversation about their emotions</p> </div>	<p>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.</p> <div data-bbox="1357 720 1581 1062" style="border: 1px solid black; padding: 5px;"> <p>Something that I learned that asking questions and observing the patient can tell you a lot about them. Something that I might do differently is try to be more open in conversing with the patients. I was shy because it was my first time on the floor. Something that I did well was when I did interact, I asked questions and listened to the patient. Additional knowledge would be to learn and understand the mental disorders and how they all differ from each other. My feelings changed to be more understanding because I do not know what these people have gone through to get this to the point of suicide.</p> </div>