Jessica Tillman

LCN

N323/C323 Mental Health

Professor Irelan

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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 his feelings about his little interest in doing things, feeling down, and struggling to concentrate several days out of his week. The client explained his issues with sleeping too much more than half of the time and including his struggle to feel like he is not “enough” and thinks more than half of the time that the world would be better off without him in it. And the client expressed that he feels like he has little energy and feels like a failure almost daily. Specific situations and feelings were addressed 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 his struggles with consistent sleeping patterns, thoughts of not being enough to be alive, experiencing little energy, and not wanting to let his family or himself down.

Interpreting

I noticed a potential pattern for the client’s main difficulties to go hand in hand with each other and possibly leading to other struggles in the future. The clients struggle to sleep properly, and his energy levels are too low to do anything, at times leads to more depressive behaviors like little interest or pleasure in doing things. The client’s thoughts of harming themself and the negative light they portray themselves in contribute to the feelings of depression, hopelessness, and interrupts their concentration. 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. of 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 his sleeping habits and to include moments of depressive moods and negative thoughts 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 him time to voice his feelings and concerns with what he is experiencing within himself and his 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 preforming the client's individual assessment.