

## Reflection Assignment

<b>Noticing</b>	<b>Interpreting</b>	<b>Responding</b>	<b>Reflecting</b>
<p>What did you notice during your <b>mental status examination</b> of the client? Were there any assessments that were abnormal or that stood out to you?</p> <div data-bbox="326 625 560 1081" style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>I noticed that my patient was very alert and oriented about why he was there and his treatment plan. He was very honest about his answers, and it aligned with his medical chart. There was no abnormal assessment finding that stood out.</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="621 768 886 1142" style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>There was no abnormal that stood out. He was very aware of what he did and why he did what he did. He was a college student and was very intelligent. I have notice that college student can become stress and there depression can suffer as a result. This does not link to pathophysiology.</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="956 693 1218 1142" style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>I need some more background on the patient as to why the attempted suicide. He went through a breakup, but is also stressed out about college. As a nursing student, I can ask more questions, but respect the patient's wished they chose not to answer any questions that I am asking. I utilized the show of sympathy and tried to relate that break-ups are hard.</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="1279 768 1533 1163" style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>Something that I learned that someone on the outside might portray that they are fine, but they are fighting a battle within themselves. Sometimes depression goes unseen for this reason. Something I might do different is. Ask the background of the depression instead of jumping straight into the questions. Something I did well, was that I listened and asked question when I did not understand his answers. I needed more questions to ask. I change my values on depression and people truly feel like death is the only way to end their pain.</p> </div>

Noticing	Interpreting	Responding	Reflecting
<p>Why did you choose this <b>additional assessment</b>? What did you notice during your <b>additional assessment</b> of the client? Were there any assessments that were abnormal or that stood out to you?</p> <div data-bbox="337 636 586 1163" style="border: 1px solid black; padding: 5px;"> <p>I chose this assessment because my patient attempted suicide and the question related to the suicide attempt better than the other assessments. I noticed that my patients was very willing and open to answer the questions. I noticed that the patient thought about the questions asked and then answered honestly. Nothing abnormal stood out to me.</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="651 724 927 1184" style="border: 1px solid black; padding: 5px;"> <p>I did not noticed anything abnormal. The patient was aware of what was going on and was not nervous or anything. My prior experience the guy was nervous and remorseful of his attempted suicide. Both of them were aware of why they were at the hospital. My patient was not remorseful about his attempted suicide. This does not link to pathophysiology.</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="998 592 1273 1190" style="border: 1px solid black; padding: 5px;"> <p>I needed more background. I needed to know if this was an ongoing issue with the patient and if he always fights depression. As a nursing student, I can apply what I have learned in the classroom about communication. I made sure that I applied my nonverbal cues so the patient felt safe talking with me.</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="1326 737 1572 1163" style="border: 1px solid black; padding: 5px;"> <p>I learned that someone who is suicidal will use anything to try to accomplish it just using items around the house. I will try to do more questioning. I used my nonverbal communication very well. I learned that you must be specific in your questioning. My values changed to better understand their feelings.</p> </div>

## PATIENT HEALTH QUESTIONNAIRE -9 (PHQ-9)

Over the **last 2 weeks**, how often have you been bothered by any of the following problems?  
(Use "✓" to indicate your answer)

	Not at all	Several days	More than half the days	Nearly every day
1. Little interest or pleasure in doing things	0	1	2	3
2. Feeling down, depressed, or hopeless	0	1	2	3
3. Trouble falling or staying asleep, or sleeping too much	0	1	2	3
4. Feeling tired or having little energy	0	1	2	3
5. Poor appetite or overeating	0	1	2	3
6. Feeling bad about yourself — or that you are a failure or have let yourself or your family down	0	1	2	3
7. Trouble concentrating on things, such as reading the newspaper or watching television	0	1	2	3
8. Moving or speaking so slowly that other people could have noticed? Or the opposite — being so fidgety or restless that you have been moving around a lot more than usual	0	1	2	3
9. Thoughts that you would be better off dead or of hurting yourself in some way	0	1	2	3

FOR OFFICE CODING 0 + \_\_\_\_\_ + \_\_\_\_\_ + \_\_\_\_\_  
=Total Score: \_\_\_\_\_

If you checked off **any** problems, how **difficult** have these problems made it for you to do your work, take care of things at home, or get along with other people?

Not difficult at all	Somewhat difficult	Very difficult	Extremely difficult
<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## Mental Status Exam

Client Name K.T. #B506 23yroid Date 9-29-23

### OBSERVATIONS

Appearance	<input checked="" type="checkbox"/> Neat	<input type="checkbox"/> Disheveled	<input type="checkbox"/> Inappropriate	<input type="checkbox"/> Bizarre	<input type="checkbox"/> Other
Speech	<input checked="" type="checkbox"/> Normal	<input type="checkbox"/> Tangential	<input type="checkbox"/> Pressured	<input type="checkbox"/> Impoverished	<input type="checkbox"/> Other
Eye Contact	<input checked="" type="checkbox"/> Normal	<input type="checkbox"/> Intense	<input type="checkbox"/> Avoidant	<input type="checkbox"/> Other	
Motor Activity	<input checked="" type="checkbox"/> Normal	<input type="checkbox"/> Restless	<input type="checkbox"/> Tics	<input type="checkbox"/> Slowed	<input type="checkbox"/> Other
Affect	<input checked="" type="checkbox"/> Full	<input type="checkbox"/> Constricted	<input type="checkbox"/> Flat	<input type="checkbox"/> Labile	<input type="checkbox"/> Other

Comments:

**MOOD** Feelings of "God" he is a God "talk to the dead"

Euthymic  Anxious  Angry  Depressed  Euphoric  Irritable  Other

Comments: on a normal erratic good one 1 down the next.

### COGNITION

Orientation Impairment	<input checked="" type="checkbox"/> None	<input type="checkbox"/> Place	<input type="checkbox"/> Object	<input type="checkbox"/> Person	<input type="checkbox"/> Time
Memory Impairment	<input checked="" type="checkbox"/> None	<input type="checkbox"/> Short-Term	<input type="checkbox"/> Long-Term	<input type="checkbox"/> Other	
Attention	<input checked="" type="checkbox"/> Normal	<input type="checkbox"/> Distracted	<input type="checkbox"/> Other		

Comments: Brain fog sometimes

### PERCEPTION

Hallucinations	<input type="checkbox"/> None	<input type="checkbox"/> Auditory	<input type="checkbox"/> Visual	<input checked="" type="checkbox"/> Other	<u>VIBES</u>
Other	<input type="checkbox"/> None	<input type="checkbox"/> Derealization	<input type="checkbox"/> Depersonalization		

Comments: Hummingbird

### THOUGHTS

Suicidality	<input type="checkbox"/> None	<input checked="" type="checkbox"/> Ideation	<input type="checkbox"/> Plan	<input type="checkbox"/> Intent	<input type="checkbox"/> Self-Harm
Homicidality	<input checked="" type="checkbox"/> None	<input type="checkbox"/> Aggressive	<input type="checkbox"/> Intent	<input type="checkbox"/> Plan	
Delusions	<input checked="" type="checkbox"/> None	<input type="checkbox"/> Grandiose	<input type="checkbox"/> Paranoid	<input type="checkbox"/> Religious	<input type="checkbox"/> Other

Comments:

### BEHAVIOR

<input checked="" type="checkbox"/> Cooperative	<input type="checkbox"/> Guarded	<input type="checkbox"/> Hyperactive	<input type="checkbox"/> Agitated	<input checked="" type="checkbox"/> Paranoid	<u>exp everyone + awhile</u>
<input type="checkbox"/> Stereotyped	<input type="checkbox"/> Aggressive	<input type="checkbox"/> Bizarre	<input checked="" type="checkbox"/> Withdrawn	<input type="checkbox"/> Other	

Comments: "Withdrawn"

### INSIGHT

Good  Fair  Poor Comments:

### JUDGMENT

Good  Fair  Poor Comments:

Turn it in