

During the examination of my client, I noticed that my client seemed ok. I didn't notice anything out of the ordinary, and it didn't seem like the client was answering to have the right answer. I will say that, from the report from the nurses, I was told that her and her husband were breaking things off, but she thought that her and her husband would be working things out. It could be that they had spoken, or it could be that she is delusional. I think it is the former though because, again, she seemed to be ok and all there mentally. I also did a PHQ9 to do a check on her mentally in terms of depression. She answered honestly and 3, which was another factor to why I believe her in terms of her answers. As a nursing student, I thought that I could speak to her about coping mechanisms that she could employ to feel better. We talked about getting enough sunlight throughout the day and exercising. Patient stated she wasn't very keen on lifting weights, but enjoyed taking walks to use as her exercise and getting sunlight in one. I learned a lot from this patient. I think this interaction was a real life application of how anything can send you over the edge, even if you aren't a person who necessarily struggles with mental health. She doesn't have any prior issues but she was dealing with so much and felt like no one cared. Due to that, she felt like she was better off gone. It's important to check in w/ people as much as possible.

I chose the PHQ9 as my additional assessment. I chose this because the patient had a suicide attempt and was there for depression. I didn't notice anything out of the ordinary. In fact, I felt like my patient was very open and honest about her situation, mainly because she wanted to show me that mental health affects everyone, not just those who have mental health afflictions. As stated above, I think that the conversation we had was needed and it helped me to understand things and for her to "teach" what she had learned while being there. In regards to things I did well, I think my follow up questions in our conversations were good. I think that they encouraged her to talk about her situation because they were questions that gave off the air that I was genuinely interested, which I was. She was able to put things into perspective for both me and her.