Reflection Assignment

Noticing	Interpreting	Responding	Reflecting
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? The student nurse noticed that her patient was still in a fog. I'm not sure if it was psychosis or if it was a veil of depression, he was operating in. Z.T. was not open to speaking with students and gave the bare minimum. Even when asking open-ended questions, the client mostly answered in one-word answers.	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. The only abnormality was that the Z.T. preferred to roam the halls and isolate in the Group Room. The student nurse would recommend the social worker and nurse check in with the client to assess his needs better. The roaming of the hallway and isolating concerning the student nurse and the need to promote safety on the clinical floor. Not just for the student nurse but for the protection of the patient, the staff, and the other clients.	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? The student nurse was mindful of the client's need to roam the hall, and even while doing Q15 checks, the student would randomly check the client's room and the group room for additional check for safety. The student feels the client should have another check-in or a medication adjustment with his provider.	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. Something that the student nurse would do differently is bring up concerns to the provider. The student nurse feels if she were comfortable with the charge nurse, she would have been able to address some of the problems effectively.

Noticing	Interpreting	Responding	Reflecting
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? I chose the PHQ-9 because the client still seemed to be exhibiting behaviors that were indicators of planning or preparing to act on suicidal ideation.	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. The only abnormality was that the Z.T. preferred to roam the halls and isolate in the Group Room. It was almost as if he was looking for a space or a moment to be alone on the unit.	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? The student nurse didn't feel comfortable going to the charge nurse Noah being as he was unapproachable and aggressive in manner. Because of this the student nurse felt as if she didn't give a appropriate or adequate care.	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. The student nurse learned that even though a nurse is unapproachable, she should always advocate and place the patient's needs above whatever she feels. If the care for the patient was a concern, she should have notified her instructor and advocated for the patient that way.

Mental Status Exam

Client Name	Z.T	Date	11/10/2023

OBSERVATIONS

Appearance	☐ Neat	☒ Disheveled	☐ Inappropriate	☐ Bizarre	☐ Other
Speech	☐ Normal	☐ Tangential	☐ Pressured	☐ Impoverished	☒ Other
Eye Contact	☐ Normal	☐ Intense	☐ Avoidant	☐ Other	
Motor Activity	☒ Normal	☐ Restless	☐ Tics	☐ Slowed	☐ Other
Affect	☐ Full	☐ Constricted	☒ Flat	☐ Labile	☐ Other

Comments: client had a strong BO, during the exam the student nurse encouraged the client to shower.

MOOD

☐ Euthymic ☐ Anxious ☐ Angry ☒ Depressed ☐ Euphoric ☐ Irritable ☐ Other

Comments:

COGNITION

Orientation Impairment	☐ None	☒ Place	☒ Object	☒ Person	☒ Time
Memory Impairment	☐ None	☐ Short-Term	☐ Long-Term	☐ Other	
Attention	☐ Normal	☒ Distracted	☐ Other		

Comments: The clients' attention was hyper-focused on roaming the hallway. It was almost as if the exam interfered with his need to walk.

PERCEPTION

Hallucinations	☒ None	☐ Auditory	☐ Visual	☐ Other
Other	☒ None	☐ Derealization	☐ Depersonalization	

Comments:

THOUGHTS

Suicidality	☐ None	☒ Ideation	☐ Plan	☐ Intent	☐ Self-Harm
Homicidality	☒ None	☐ Aggressive	☐ Intent	☐ Plan	
Delusions	☒ None	☐ Grandiose	☐ Paranoid	☐ Religious	☐ Other

Comments: The client denied having current suicidal ideation but admitted to previously having those thoughts. The client denies having homicidal ideation, though it was notated in his chart.

BEHAVIOR

☐ Cooperative	☐ Guarded	☐ Hyperactive	☐ Agitated	☐ Paranoid
☐ Stereotyped	☐ Aggressive	☐ Bizarre	☒ Withdrawn	☒ Other

Comments: The client appeared to be in a fog. The client was hyper-focused on walking the halls.

INSIGHT	☐ Good	☒ Fair	☐ Poor	Comments:
JUDGMENT	☐ Good	☒ Fair	☐ Poor	Comments:

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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 + 7 + 4 + _____

=Total Score: 11

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**
☐	☐	☐	☐

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