

Xitlally Bonilla

#### Mental Health Status Reflection:

I noticed that my patient was very talkative and cooperative during her mental health examination. She was very upfront and blunt when it came to being asked about suicide and what her plans were. Based on the quick assessment I did on her there's probably some childhood trauma or some type of home issues that have led her to want to kill herself. Without a doubt I knew that I would have to do the suicide screening tool on her to gather more information. As a nursing student I probably should have looked a little bit more into the patient's history and background to really understand where the patient is coming from. The most useful therapeutic communication was just listening and not questioning any of the patient's responses. For my next time at the pavilion, I'll try to be a little bit more active in the care of the adolescents. We really did not have the opportunity to interact or spend a lot of time with the adolescents.

#### Additional Assessment Reflection:

I chose the suicide screening tool because my patient very clearly stated that she did want to kill herself. The client was very honest when she said she wanted to kill herself. In the patient's notes it said that she was admitted after her mom found her "holding a butcher knife to her throat" and her current plan was to kill herself by banging her head on something. I will probably look into if the patient has self-harmed before in any way. As a nurse I would make thorough safety checks in her room to make sure there is nothing in there that can harm or hurt her. I guess something that I have learned is that mental health and suicide prevention is important at any age. Suicide is something we don't really think a twelve-year-old would ever consider doing. Awareness of your children or adolescents is important and their mental health is important to consider and know how they are doing.