

## Noticing

During the mental status exam, Mia presents good hygiene. She is dressed neatly and displays clear and normal speech. She does have intense eye contact with a liable affect. Her mood can be irritable at times. She is easily bothered by other clients on the unit. I did not observe any impairments with orientation, memory, or attention. Mia denies auditory and visual hallucinations. Mia denies suicidal and homicidal ideation but does feel the need to self-harm at times. Mia is corporative but can be agitating at times. Her insight and judgement are fair.

## Interpreting

Mia can be irritable at times, and this may be caused by stress, lack of sleep, or hormonal changes. She did report not getting a lot of sleep on most nights. This could be causing her to be easily bothered by other clients on the floor and the use of foul language with them as well. I have had another client that was dealing with lack of sleep, he was irritable most of the day. Although he did have disagreements with other clients on the units, I did not observe the use of foul language. Both clients were diagnosed with bipolar disorder and insomnia is a common symptom of this disorder. Insomnia can lead to stress, anxiety, depression, and irritability.

## Responding

Does this client use sleep aids or other drugs to help her sleep, if so, how often? As a nursing student I can help the client discover relaxation techniques and identify foods that should be avoided before bedtime. I identified the barriers impacting sleep such as, other clients being loud on the unit and anxiety. As a nurse I could prioritize the administration of sleep aids and implement relaxation techniques. I utilized active listening, offering self, exploring, silence.

## Reflecting

I learned that when a minor is a ward of the state and they have problems with mental health, they may be subjected to a longer stay at a mental health facility. In the future I may explore childhood factors more. I think that I observed and actively listened well. I think I could use additional knowledge on policies and procedure with mental health as a minor.