

## Reflection Assignment

<p style="text-align: center;"><b><u>Noticing</u></b></p> <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>	<p style="text-align: center;"><b><u>Interpreting</u></b></p> <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>	<p style="text-align: center;"><b><u>Responding</u></b></p> <p>What additional assessment information do you need based on 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>	<p style="text-align: center;"><b><u>Reflecting</u></b></p> <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>
<p>I noticed that the client fidgeted a lot. He was constantly playing with his fingers or pulling on his sleeve which tells me he was feeling a little anxious. He did make good eye contact though. His appearance was disheveled and he spoke rather loudly.</p>	<p>I think it was very understandable for the client to be somewhat anxious and hesitant to answer questions. For anyone it can be uncomfortable to answer personal questions to a total stranger. This client has ADHD and a long history of behavioral problems including outbursts of anger where he threatens staff and breaks things. I think knowing that explains why he was so fidgeting and that his mood sort of seemed to be all over the place where at one moment he was calm and the next something small made him really upset. His behavior was similar to quite a few of the boys on the floor. They become agitated very quickly and will begin yelling.</p>	<p>It would be helpful to have more information on his living situation at home. He has been at the Pavilion for several months so he may be in foster care. Understanding more about his background could help the nurses create more therapeutic plans of care that are more patient centered for this client. I also think keeping a calm tone of voice and open body language are very important with this patient to avoid escalating situations when he is upset.</p>	<p>I learned that interacting with younger clients can be a lot different than interacting with adults. It would be helpful to learn communication techniques that are specifically geared towards children since they are not as cognitively developed as adults yet. I think I did a fairly good job at putting this client at ease and getting him to eventually talk to me more. It seemed like he just wanted someone to listen to what he had to say and I definitely did that for him.</p>

<p style="text-align: center;"><b><u>Noticing</u></b></p> <p>Why did you choose this <b>additional assessment</b>? What did you notice during your additional assessment of the client? Were there any assessment that were abnormal or stood out to you?</p>	<p style="text-align: center;"><b><u>Interpreting</u></b></p> <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>	<p style="text-align: center;"><b><u>Responding</u></b></p> <p>What additional assessment information do you need based on your interpretation? What can you do as a nursing student? What did you do? What could you do as a nurse?</p>	<p style="text-align: center;"><b><u>Reflecting</u></b></p> <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>
<p>I chose the PHQ-9 screening tool for this client because I know that he has been at the facility for several months and is likely in the foster system. This puts him at a much greater risk for depression and therefore I felt it was important to screen for so that it can be treated. I noticed that when he was answering the questions he seemed very nonchalant about it, almost like he felt like it was normal to have little interest in doing things or feeling badly about yourself. This to me was a red-flag so I am glad that I chose this questionnaire.</p>	<p>I did not think the client's answers were surprising given his situation. While he did not appear to have a blunt affect and he was rather loud instead of quiet and withdrawn, that does not mean he cannot have depression. I have come to realize that many people are very honest about how they feel when they are asked questions such as the ones in the PHQ-9. This is something that took me by surprise at the beginning of the semester.</p>	<p>I think it would be important to gather more information on what this client's current coping mechanisms are. It is clear that he has trouble expressing his emotions in a healthy way so as nurse we can try to re-direct that behavior and teach more appropriate coping mechanisms. As a nursing student I could have and should have asked more questions about how he usually handles his feelings.</p>	<p>With each clinical I learn more about how people just want to be heard and how much they appreciate a person to talk to. I felt like I was able to establish some rapport with this client and I do think he gave me honest answers. As I mentioned previously, it would be helpful to learn more therapeutic communication techniques that are just for children because I do not work with kids as much as I do adults and it would be good to know more ways to establish trust with them.</p>