

Reflection Assignment

Noticing

1. 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?
 - a. During the mental status examination, I noticed some findings. The client's affect was flat, and the mood was hopeless. Eye contact was minimal, and speech was soft and slowed.
2. 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?
 - a. I chose this assessment because the mental status exam revealed suicidal ideation and impaired judgment. This extra step helps clarify the severity of risk that the patient thought at that time and identify protective factors. The patient avoided eye contact and soft-talked.

Interpreting

3. 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.
 - a. What stood out to me was that the patient seemed depressed, had impaired judgment, and was hopeless. I noticed a similar situation during clinicals when a client verbalized that "not ready to go home," showing the same flat affect.

Responding

4. 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?
 - a. Based on my interpretation, I think I would need additional assessment information about the client's specific suicide plan and protective factors. As a nursing student, I can ensure the client is not left alone, provide support, communicate positively, notify the supervising nurse, and support the safety plan. I will use open-ended questions such as "So tell me about...?" which provides more than a yes or no answer.

Reflecting

5. 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.
 - a. I learned how important it is to pick up on subtle cues, such as hopelessness or withdrawal, because they can indicate high suicide risk. In the future, I would ask more direct questions about suicidal thoughts and communicate more. Something I did well was using nonverbal communication, active listening, and no judgment. I need more knowledge and practice with suicide risk assessment tools and crisis intervention strategies to feel more confident. This interaction strengthened my value of patient safety and deepened my empathy, reminding me how critical nonjudgmental support is for clients in crisis.