

Mental Status Exam

Client Name Joyce Winters	Date 2/16/26
OBSERVATIONS	
Appearance	<input type="checkbox"/> Neat <input checked="" type="checkbox"/> Disheveled <input type="checkbox"/> Inappropriate <input type="checkbox"/> Bizarre <input type="checkbox"/> Other
Speech	<input checked="" type="checkbox"/> Normal <input type="checkbox"/> Tangential <input type="checkbox"/> Pressured <input type="checkbox"/> Impoverished <input type="checkbox"/> Other
Eye Contact	<input type="checkbox"/> Normal <input type="checkbox"/> Intense <input checked="" type="checkbox"/> Avoidant <input type="checkbox"/> Other
Motor Activity	<input checked="" type="checkbox"/> Normal <input type="checkbox"/> Restless <input type="checkbox"/> Tics <input type="checkbox"/> Slowed <input type="checkbox"/> Other
Affect	<input type="checkbox"/> Full <input type="checkbox"/> Constricted <input type="checkbox"/> Flat <input type="checkbox"/> Labile <input type="checkbox"/> Other
Comments: pt. not focusing, anxious waiting to be discharged	
MOOD	
<input type="checkbox"/> Euthymic <input checked="" type="checkbox"/> Anxious <input type="checkbox"/> Angry <input type="checkbox"/> Depressed <input type="checkbox"/> Euphoric <input type="checkbox"/> Irritable <input type="checkbox"/> Other	
Comments:	
COGNITION	
Orientation Impairment	<input checked="" type="checkbox"/> None <input type="checkbox"/> Place <input type="checkbox"/> Object <input type="checkbox"/> Person <input type="checkbox"/> Time
Memory Impairment	<input checked="" type="checkbox"/> None <input type="checkbox"/> Short-Term <input type="checkbox"/> Long-Term <input type="checkbox"/> Other
Attention	<input type="checkbox"/> Normal <input checked="" type="checkbox"/> Distracted <input type="checkbox"/> Other
Comments:	
PERCEPTION	
Hallucinations	<input checked="" type="checkbox"/> None <input type="checkbox"/> Auditory <input type="checkbox"/> Visual <input type="checkbox"/> Other
Other	<input checked="" type="checkbox"/> None <input type="checkbox"/> Derealization <input type="checkbox"/> Depersonalization
Comments:	
THOUGHTS	
Suicidality	<input checked="" type="checkbox"/> None <input type="checkbox"/> Ideation <input type="checkbox"/> Plan <input type="checkbox"/> Intent <input type="checkbox"/> Self-Harm
Homicidality	<input checked="" type="checkbox"/> None <input type="checkbox"/> Aggressive <input type="checkbox"/> Intent <input type="checkbox"/> Plan
Delusions	<input checked="" type="checkbox"/> None <input type="checkbox"/> Grandiose <input type="checkbox"/> Paranoid <input type="checkbox"/> Religious <input type="checkbox"/> Other
Comments:	
BEHAVIOR	
<input checked="" type="checkbox"/> Cooperative <input type="checkbox"/> Guarded <input type="checkbox"/> Hyperactive <input type="checkbox"/> Agitated <input type="checkbox"/> Paranoid	
<input type="checkbox"/> Stereotyped <input type="checkbox"/> Aggressive <input type="checkbox"/> Bizarre <input type="checkbox"/> Withdrawn <input type="checkbox"/> Other	
Comments:	
INSIGHT	<input checked="" type="checkbox"/> Good <input type="checkbox"/> Fair <input type="checkbox"/> Poor Comments:
JUDGMENT	<input checked="" type="checkbox"/> Good <input type="checkbox"/> Fair <input type="checkbox"/> Poor Comments:

Reflection Assignment

Noticing	Interpreting	Responding	Reflecting
<p>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?</p> <p>During the mental status exam, the client appeared withdrawn with a flat affect and limited eye contact. She reported feeling persistently depressed for several weeks and stated that her mood had worsened over the last couple weeks due to increased stressors. Her speech was soft and coherent. She expressed a long history of mental health concerns, including depression, anxiety, and IV substance abuse.</p>	<p>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.</p> <p>Based on the assessment findings and the client's psychiatric history, her current symptoms may be influenced by a combination of mental health conditions. Given her extensive history of depression, anxiety, and substance abuse, it is likely that ongoing trauma in her life has contributed to the emotional dysregulation. Dysregulation of the hypothalamic-pituitary-adrenal axis can lead to prolonged depressive systems, impaired coping skills and having a difficult time maintaining good mood stability (Hinkle & Cheever, 2022). This stress-related exacerbation aligns with the client's report of worsening depression during periods of increased stress (Hinkle & Cheever, 2022).</p>	<p>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?</p> <p>Additional assessment focused on evaluating the severity and duration of depressive symptoms, assessing for safety concerns, and exploring current stressors. As a nurse and a nursing student it is important for us to use therapeutic communication including, active listening, open-ended questions, and patient validation of the patient's feelings. A calm nonjudgemental approach was maintained to encourage communication and trust during the assessment.</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>Something I learned is that you never know what someone else is going through so always be assertive and kind to everyone. I maintained a positive and supportive presence while with the patient doing this helps me create a comfortable and trustworthy environment for the patient. In the future I would like to further my assessment skills and exploring the different mood patterns. This experience with my patient highlighted the importance for the need of therapeutic communication. This experience also reminded me that as a future nurse it is important that compassion and nonjudgemental care are essential when caring for mental health conditions.</p>