

Noticing	Interpreting	Responding	Reflecting
<p>What did you notice during your mental status examination of the client?</p> <p>I noticed that he seemed to be a relatively mentally healthy person. I think he has some issues with anxiety and anger and needs help identifying healthier coping mechanisms. He also needs social services for things like getting him out of his mom's house since that seemed to be a big stressor him but otherwise seemed like a pleasant person.</p> <p>Were there any assessments that were abnormal or that stood out to you?</p> <p>I did notice that any time we tried to go into his past trauma he starts to get full body tremors and stops talking but once we changed the subject he was back to normal.</p>	<p>If something stood out to you or it was abnormal, explain its potential cause or patterns that you noticed.</p> <p>His tremors might have been neurogenic tremors caused by a release of stress hormones as a response to traumatic memories.</p> <p>Describe any similar situations you have experienced/ as well as the similarities or differences between the experiences.</p> <p>I don't believe I have had any similar situations.</p> <p>Is your interpretation of the situation links to pathophysiology at all, if so - briefly explain.</p> <p>Aside from neurogenic tremors being a symptom of past trauma, I was not able to identify any other underlying pathophysiology.</p>	<p>What additional assessment information do you need based upon your interpretation?</p> <p>I would like to ask him more about what he's feeling right before and during the tremors and what his body feels like once they stop. I might also try having him pace the room or do some other kind of physical movement to see if that decreases the shaking.</p> <p>What can you do as a nursing student?</p> <p>Tell the nurse and make sure it's charted for the doctor to review.</p> <p>What did you do?</p> <p>Discussed it with the nurse.</p> <p>What could you do as a nurse?</p> <p>Ensure calm environment, chart the symptom and inform the doctor when I am able.</p> <p>What therapeutic communication techniques did you utilize?</p> <p>We redirected the conversation to something else when he started shaking and didn't push him too hard to disclose what happened to him in the past.</p>	<p>What is something that you learned?</p> <p>I learned that there can be physical manifestations to revisiting trauma and that some people are admitted to a psych hospital because of brief episodes of abnormal behavior that may have long passed by the time they arrive on the unit.</p> <p>What is something that you might do differently in the future?</p> <p>Alternate the interview between harmless questions like family structure and general demographic questions with harder questions like suicide risk so there are other questions to redirect to if the patient is unable or unwilling to answer harder questions.</p> <p>What is something that you did well?</p> <p>The nurse said I'm very good at breaking things down into plain language and using examples to explain things.</p> <p>What additional knowledge or skills do you need to help you with future situations like this.</p> <p>I think I just need more experience working with psych patients and doing more psych related assessments.</p>

Mental Status Exam

Client Name KH		Date 2/23	
OBSERVATIONS			
Appearance	<input checked="" type="checkbox"/> Neat	<input 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 checked="" type="checkbox"/> Normal	<input type="checkbox"/> Intense	<input 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 checked="" type="checkbox"/> Full	<input type="checkbox"/> Constricted	<input type="checkbox"/> Flat <input type="checkbox"/> Labile <input type="checkbox"/> Other
Comments:			
MOOD			
<input checked="" type="checkbox"/> Euthymic <input 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 checked="" type="checkbox"/> Normal	<input type="checkbox"/> Distracted	<input type="checkbox"/> Other
Comments:			
PERCEPTION			
Hallucinations	<input type="checkbox"/> None	<input checked="" type="checkbox"/> Auditory	<input checked="" 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 type="checkbox"/> None	<input checked="" 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 checked="" 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:			