



## Reflections

**Activity Description:** Reflective writing develops your clinical reasoning skills as you grow and improve as a clinician and gives your instructor insight into your learning process. This reflection activity will help you think more deeply about your performance in the assignment. Use your documentation as you respond to the prompts at the bottom of the page.

## Documentation Review

[Nursing Admitting...](#)

[Mental Status Note](#)

**SBAR**

SBAR	Student Response	Model Documentation
<b>1. Situation</b>	Rachel Adler is a 20-year-old female motor vehicle accident victim with a sprained right wrist. Was admitted with a high blood alcohol level. Patient does not acknowledge problem with alcohol.	Rachel Adler is a 20-year-old White woman admitted from ER last night after a MVA related to alcohol use. She sustained a (R) wrist sprain during the accident and voice lack of concern for her personal safety, which is why they admitted her to the psych unit.
<b>2. Background</b>	Patient was drinking at a party last night when she became upset with a friend. She had approximately five drinks but is unsure. She drove away intoxicated and became involved in a MVA at approximately 2200 that caused a sprained right wrist. Current pain is mild, constant ache in right wrist. Pain is aggravated with movement and lifting of objects. Ibuprofen and sling improve pain levels. Patient admits to ideas of self-harm when driving last night, feeling as though "it would be easier if it was all over." Patient was aware she was endangering others, but she has no desire to harm others. Patient has not tried to cut down on drinking. Believes people don't know or don't care that she drinks. Drinks alcohol to "let go" when she feels "overwhelmed." Drinking makes her "feel better." She denies drinking first thing in the morning. She has a peanut allergy - experiences mouth and throat pruritis.	Ms. Adler has a history of alcohol use, but no previous suicidal attempts. She reports a great deal of stress related to college, her relationship with her mother, and self-esteem issues surrounding academic performance. After her accident last evening she stated she did not care what happened to her. Based on her reckless behavior and intoxication she was admitted for treatment of ETOH use and suicidal ideation.
<b>3. Assessment</b>	The patient has mild pain in right wrist. No other adverse conditions were noted. Patient tests positive for possible alcohol abuse. Patient has had suicidal ideations.	Ms. Adler had a pain report of 8/10 of her (R) wrist. She experienced relief with ibuprofen while in the ER and after being medicated she rates her pain as 2/10. She gets anxious when questioned about her alcohol use and her ability to stay safe. Other than the wrist sprain, she is in good general health. She does have a peanut allergy, but no medication allergies.
<b>4. Recommendation</b>	Patient should be monitored for suicidal thoughts and safety. Patient should be educated on the risks of alcohol and the dangers of driving intoxicated.	Based on my assessment, we need to follow up today with completing an assessment for suicidal ideation and make sure she is on the roster for q 15 min safety checks. As far as therapy for today, there is a team meeting at 10 AM to discuss her care plan and she should meet with the therapist at 11 AM. The unit AA meeting is scheduled at 4 PM and she should attend that session as well.

What did you learn about assessing a patient with mental illness? How can you apply this to your clinical practice when working with these types of patients?