

Shadow Health will undergo maintenance starting on Saturday, April 4th at 1:00 AM CST until Saturday, April 4th at 9:00 AM CST. During this time Shadow Health may be inaccessible.

## Mental Health Results | Turned In

Advanced Health Assessment - STU - August 2023, nur504ap4

[Return to Assignment \(/assignments/867634/\)](#)



### Your Results

Lab Pass (/assignment\_attempts/15023956/lab\_

#### Overview

[Transcript](#)

[Subjective Data Collection](#)

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[Education & Empathy](#)

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[Video Tutorial](#)

[Student Survey](#)

### Experience Overview

Patient: Tina Jones



#### Digital Clinical Experience Score

# 100%

This score measures your performance on the Student Performance Index in relation to other students in comparable academic programs. Your instructor has chosen to scale your Student Performance Index score so that the average score on the index is a 80.0%. This score may not be your final grade if your instructor chooses to include additional components, such as documentation or time spent.

### Student Performance Index

47 out of 48



Proficiency Level: **Proficient**

Beginning

Developing

**Proficient**

Students rated as "proficient" demonstrate an expertise in advanced practice competencies and reasoning skills. In comparable programs, the top students perform at the level of a proficient practitioner.

**Subjective Data Collection**

43 out of 44

**Objective Data Collection**

0 out of 0

**Education and Empathy**

4 out of 4

**Time**

**47 minutes** total spent in assignment

**Interaction with patient**

**47 minutes**

### Comments

If your instructor provides individual feedback on this assignment, it will appear here.



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[Video Tutorial](#)

[Student Survey](#)

### Transcript

Started: Sep 02, 2023 | Total Time: 47 min

All Lines (132) Interview Questions (122) Statements (10) Exam Actions (0)

-  hey my name is Yndia. i will be your nurse today 09/02/23 4:48
-  Hey.
-  What brings you to the clinic today 09/02/23 4:48
-  I'm here because I've been having a lot of trouble sleeping. . . I just feel much more nervous lately, especially right before bed.
-  Let me learn more about what you're experiencing and I will try to help you 09/02/23 4:48 **E**
-  I appreciate you saying that.
-  Why did you decide to seek treatment 09/02/23 4:50
-  I decided to come in because I'm tired all the time now. . . I have this really important exam coming up, and I'm stressed and too foggy to study most of the time. I really need help sleeping so I can focus on preparing for my exam.
-  How long have you been having trouble sleeping 09/02/23 4:50
-  This all started almost a month ago. . . it's been happening regularly for about three and a half weeks, I'd say.
-  How long have you received difficulties lasted 09/02/23 4:51



This all started almost a month ago. . . it's been happening regularly for about three and a half weeks, I'd say.



How many nights a week do you have trouble sleeping



It's happening most nights, I'd say. Four. . . more like five nights a week.



What makes it hard to sleep (Clarified to What makes it harder for you to sleep?.)



Basically, the more I think about what I'm worried about, the worse it is. Sometimes I can distract myself and not let myself start thinking about all the things that stress me out, but that's been rare. (Clarified to what makes it harder to sleep.)



Do you take naps



I'm not really a big nap person--if I fall asleep, I want to sleep for hours, not wake up in twenty minutes feeling groggy. Plus I don't have time for them, anyway.



Do you drink caffeine



Well. . . I drink diet Coke. Mostly to wake up.



When do you usually have your last caffeinated drink



I know caffeine can make it hard to sleep, so I try to only drink it in the morning and early afternoon. . . I never have caffeine after 4 PM.



Do you drink alcohol before bed



I haven't been drinking at all lately. I have too much to get done.



Do you use drugs before bed



No. . . I don't do drugs.



Do you think your sleep problems could be due to breathing issues



My sleep problems definitely aren't related to my breathing. . . I haven't been having any breathing problems, really, since I started the daily inhaler.



What helps you sleep



Basically the only way I get to sleep easily is if I manage to feel less stressed out--sometimes I can sort of turn my thoughts away from what I'm worried about by distracting myself with something, like thinking about what I'm going to wear the next day or something like that. I'd rather avoid having to take medication if possible. Taking deep breaths can help a little, too.



It is important for you to engage in physical exercise and also ensure that you eat healthy for you to remain active in your body to be in a good shape



Alright, thanks for letting me know.



Do you exercise



I just don't have time to exercise, honestly.



How does your lack of sleep affect your daily life



Well. . . I'm tired all day, and I feel kind of out of it. That makes it hard to focus and get things done, especially when I try to study for my exam coming up. It's pretty frustrating.



Have you been falling asleep when you didn't intend to



No, though I do feel groggy during the day.



What do you mean when you say you feel out of it



It's like. . . I just feel slowed down and tired all the time from not sleeping. It's harder to focus, or get things done efficiently. . . I'm just generally less sharp.



Can you tell me about how your anxiety feels



When I feel anxious, it's like. . . I'm kind of on edge and nervous, and my thoughts start racing, and I just think about all the things there are to worry about.



Do you ever have a sense of impending doom



No, I don't feel doomed, just worried about stuff, especially not being able to sleep when there's so much to do.



Have you been having panic attacks



I've never had a panic attack, no.



Have you been having trouble concentrating



I usually have no trouble concentrating, but I'm so tired and out of it lately it's harder to really focus.



Do you feel Restless



Not generally, but right before bed I do start to feel kind of restless.



Do you feel irritable



I feel like little setbacks annoy me more since my sleep trouble started. . . like if I can't find my keys, or I get stuck at a red light, it's harder for me to be patient about it.



How does your anxiety interfere with your daily life



Being anxious is mostly just interfering with my sleep, and then not being able to get enough sleep is interfering with my life.



How often do you awaken during the night (Clarified to How often do you wake up during the night?)



I'd say two or three times a night for at least ten minutes each, usually. (Clarified to how often I wake up during the night.)



How do you feel when you wake up in the morning



Ugh, horrible, honestly. Just not rested, and out of it, and groggy. . . waking up has been really hard lately.



I'm sorry that you feel terrible in the morning



Thanks for saying that.



At what time do you go to bed



I get in bed around midnight, but I haven't been able to fall asleep that early in a while.



When do you fall asleep



I get into bed around midnight, but then I'll read because I can feel myself start to stress about stuff and I need a distraction. So I'll actually turn of the light and close my eyes around 1 or so, and then I won't fall all the way asleep for another hour and a half, two hours, usually. Sometimes, if I really start stressing out, I'll even turn the light back on and read more until I feel more wound down.



What do you usually do before bed



I usually eat dinner, then I try to study for a few hours or do other schoolwork. Around midnight, I get into bed, and I'll read to try to distract myself from feeling nervous until I feel like I can fall asleep.



Do you watch TV or use computer before bed



No, I usually just read a book right before bed.



When do you usually wake up



I have to be out of bed by 8 every morning.



How many hours are night do you sleep



I've always tried to get 8, and I've done a pretty good job of it, but lately most nights I get 4, maybe 5 hours.



It's hard to function at our best when we don't get enough sleep I know you're very busy with work and school but let's talk about some strategies to help you get more sleep and make you sure you're getting a good enough and quality sleep



I appreciate you telling me that.



Can you describe where you sleep



Uh. . . I sleep in bed. In my bedroom.



How do you feel when you're stressed



Well. . . it's like, there's these things I'm stressed about, and when I have time to myself at night I have a lot of trouble not worrying about them. . . my thoughts start racing, and I feel nervous, and I can't fall asleep.



Are you taking any medication



All I have is a Proventil inhaler and a Flovent inhaler for my asthma.



Have you been taking OTC meds to help you sleep



No, I haven't tried taking anything to sleep. I'd rather avoid having to take medication if possible.



Have you taken prescription medication to help you sleep (Clarified to Have you been taking prescription sleep medication?.)



No, you're the first person I'm seeing about it. And I'd rather avoid having to take medication if possible. (Clarified to if I have been taking prescription sleep medication.)



Have you had any new allergies



Nope.



Do you have a history of sleep problems



Well. . . the only other time I've had sleep problems was right after Dad died. It felt a little like this, with my mind racing, but honestly, not as bad. Other than that month or two, I've always been a really good sleeper. I could fall asleep right away, and then I'd sleep like a log.



Have you had difficulty falling sleep



Well. . . the only other time I've had sleep problems was right after Dad died. It felt a little like this, with my mind racing, but honestly, not as bad. Other than that month or two, I've always been a really good sleeper. I could fall asleep right away, and then I'd sleep like a log.



I'm sorry to hear that your dad died I know it has been a very awful experience



Thanks for understanding.



Have you ever had a depression



I was pretty sad after Dad died, but I wouldn't say it was, like, true depression. I definitely wasn't diagnosed with it or anything.



Have you ever had anxiety



Lately I've felt pretty anxious, I guess. . . mostly right before bed. I just feel on edge, and like my thoughts can't turn off when I want them to.



Do you have a psychiatric illness



No, I don't.



Do you have a history of psychiatric illness



No.



Do you have bipolar disorder



No.



Do you have schizophrenia



No, I don't.



Do you have ocd



No. I feel really lucky that I haven't had to deal with that.



Have you taken psychotropic meds



No, luckily I've never needed that.



Do you have symptoms of depression



No. . . I don't think so.



Do you have difficulty making decisions



Only in the sense that, like, everything I do is a little harder because I'm out of it from not sleeping.



Have you heard less than usual (No matching questions found.)



Have you had less than usual



I've definitely had less energy during the day since these sleep problems started.



Do you feel guilty for no reason



No, I haven't been feeling guilty.



Do you feel hopeless



I don't feel hopeless, just frustrated and stressed out.



Have you had trouble enjoying your usual activities



No, I wouldn't say that.



Have you had a change in appetite



I'm feeling less hungry lately, actually. . . I think not sleeping is making me feel a little queasy during the day.



Do you feel sad



I'm not really feeling sad. . . more just stressed out.



Have you ever had suicide thoughts



No, never.



Have you ever done something that could end your life



I don't like to take real risks. Especially after Dad's accident, I try to treat life like a gift. I'm not going to throw it away doing something stupid.



Have you ever attempted suicide in the past



No, I've always turned to God in tough times, and He's helped me through.



Have you ever hurt yourself



No.



Have you ever experienced trauma



About a month ago. I got a checkup after a minor fender bender but everything was fine.



Do you have Angry Outburst



I don't really get angry a lot. I try to be patient with people. . . it just makes everything easier that way.



Have you heard the history of wiring Behavior (No matching questions found.)



Have you heard the history of violent Behavior



No, never.



Have you ever tried to harm others



Of course not!



Are you employed



I'm a supervisor at Mid-American Copy & Ship. I've been working there since high school, and I've just kept moving up.



Where do you work



I'm a supervisor at Mid-American Copy & Ship. I've been working there since high school, and I've just kept moving up.



How many hours per week do you work



I work about thirty two hours a week right now, sometimes a little more if things are busy. I used to be full-time, but my bosses let me cut my hours a bit so that I could get my degree at the same time.



How much work do you miss



I haven't missed any work.



I'm sorry you're dealing with so much stress right now it sounds like you have a lot on your plate



Thanks.



What is your highest level of Education



Well, in about a month I'll be a college graduate, as long as I manage to get some sleep!



Have you ever taken special education courses



No.



Do you have any learning disabilities



No.



Do you have any speech problems



No. I might stumble over my words sometimes but nothing like that.



Do you have hearing problems



No.



what do you do for fun



I like reading, or watching TV, when I have time. And I love spending time with friends, especially going out dancing, but I haven't had time for that lately with all the stuff I have to do.



Do you have a legal history



No way.



Have you served in the military



No, I've never been in the military.



Can you tell me about your housing



I'm living back at my mom's house with her and my sister. It's the house I grew up in--we each have our own bedroom, and there's also a kitchen and a living room. It's all one story. It can be kind of weird, being my age and living with my family again, but I've enjoyed spending time with my family, and I'm happy to help out. I'm looking forward to getting my own place soon, though.



Do you live with anyone



There's three of us at home. . . me, my mom, and my sister.



Do you have siblings



I have two--a brother and my little sister.



Can you tell me about your family



We're really tight-knit. . . we've always put family first. That's been really true with my mom, sister, and brother since Dad died.



Does your family get along well



Things are pretty good between all of us--we're a tight knit family. I think we're pretty special, the way we all get along.



Who are your friends



Well, there's my best friend, Selena. We've been friends since, like, elementary school, and we lived together for a little while after high school. We have some other friends from middle and high school, and we try to get together a few times a month and watch a movie, or go out dancing or something. . . I have friends from church, too. . . people I knew growing up, and also people I met in Bible study. I don't have, like, a million friends, but I have a good group of people who support me and who I have fun with.



How often do you spend time with friends



Usually I see my friends a few times a month. . . But other than seeing my church friends on Sundays and Wednesdays, at Bible study, I haven't been able to do much the past few weeks. I just have too much stuff to do.



What are your religious beliefs



I'm Baptist, and my faith is a big part of my life.



Do you attend church regularly



Yeah, we go every Sunday, plus I have Bible study on Wednesday nights.



Have you ever used drugs



I used to smoke pot, but I don't do that anymore. I haven't tried any other drugs.



Do you currently use drugs



No.



How long did you smoke pot



About five or six years, I guess?



When did you last smoke pot



I haven't smoked pot since I was twenty or twenty-one.



Why did you smoke pot



I guess I started smoking it because my friends were, and there was a while there when it could be pretty fun.



Do you drink alcohol



I do sometimes, yeah, when I go out with my friends.



I know sometimes our friends make us do some things that you can the long last harm Our Lives



OK, I understand.



So I recommend you to always keep looking at the good habits from your friends and refrain from doing the bad one



Thanks for telling me.



How often do you drink alcohol



No more than once or twice a week. . . a lot of time less than that.



How much alcohol do you drink per month



Oh, I don't know. Let's see. . . I might go out every few weeks, so twice a month. . . and I maybe have 2 or 3 drinks at a time, so that's like 6 drinks a month. I guess if I'm free to go out more than that, it might be up to 12 drinks in a month, but that's pretty rare.



Why do you drink alcohol



It's just fun sometimes. . . a way to relax and blow off steam, you know?



Has anyone asked you to stop drinking



No, I don't drink that much.



Do you feel guilty after you drink



I wouldn't say I feel guilty about it, no.



Do you drink and drive



We usually take a cab when we go out.



Do you use tobacco



No, never.



Do you just take medication that are not prescribed to you



I hate taking the pills the doctor gives me, so I don't know why I'd want to take someone else's.



It is important that you are there to the doctor's instructions and always see the physician her before you take any form of medication



That makes sense.



Are you in a relationship



No, I'm not in a relationship right now.



Have you been in a relationship before



Yeah I have, I'm just not seeing anyone right now.



When was your last relationship



I broke up with my last boyfriend about three years ago.



Have you ever been married



Nope.



Have you had sex in the past



Um, yeah, I have.



How many sexual partners have you had



I have had four boyfriends, and I've had sex with three of them.



When did you last have sex



I last had sex with my boyfriend. . . that was about three years ago.



Do you have a history of abuse



No.



Have you ever been physically abused



I've never been hurt like that, luckily.



Have you ever been verbally abused



No one's ever done that to me, no.



what stresses you out



I guess it's like. . . when I need to go to sleep, I start stressing that I won't be able to, and then I start worrying about everything else--graduating, the CPA exam, finding a job, moving out of my mom's--and everything sort of piles up. So it's, like, having the time and space to let myself start thinking about what I'm worried about that makes me really start stressing, I guess.



What about the future stresses you out



I have this exam I have to pass, and I'm about to graduate from school, and I want to find a new job, and hopefully move out of my mom's house. . . I just have a lot coming up to stress about, I guess. . .



How do you cope with stress



Usually I try to stay organized, you know, make to-do lists, plan my time, that kind of thing. Sometimes I'll talk to friends or family. . . going to church usually helps, too. Lately, though, none of that is really helping like it should.



It sounds like you have a hairless support system through your family and friends which is great it sounds like you work hard to manage your time effectively to remember to take time out to relax or take a walk



Sure, I think I understand what you mean.



Do you work in strategies help your stress



They work in the short term, but then the stress always comes back. Nothing is working for my stress the way it usually does.



Has anyone in your family had a history of psychiatric illness



No. They're crazy, but nobody's diagnosed with anything.



Has anyone in your family had a history of psychiatric illness



No. They're crazy, but nobody's diagnosed with anything.



Does anyone in your family have a history of alcohol dependency



My uncle, my dad's brother, has an alcohol problem, but we never see him anymore.



Does your family have a history of drug addiction



None that I know of.



Has anyone in your family committed suicide



No one in my family has done that, thankfully.



How is your mental health



Other than stress and this sleep thing I think my mental status is fine. . .



Do you have any history of psychiatric illness



No.

## Comments

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## Subjective Data Collection: 43 of 44 (97.7%)

Hover To Reveal...

Hover over the **Patient Data** items below to reveal important information, including **Pro Tips** and **Example Questions**.

○ Indicates an item that you found.

○ Indicates an item that is available to be found.

### Category

### Scored Items

### Patient Data

#### Not Scored

Experts selected these topics as essential components of a strong, thorough interview with this patient.

A combination of open and closed questions will yield better patient data. The following details are facts of the patient's case.

### Chief Complaint

Established chief complaint

- Reports difficulty sleeping and "feeling nervous"
- Reports seeking treatment because has an upcoming exam and feels "too tired to study"
- Reports excessive worry and "racing thoughts" before bed

### History of Present Illness

Asked about onset and duration of symptoms

- Reports difficulty sleeping began 3 1/2 weeks ago
- Reports sleep difficulties have been occurring regularly during past 3 1/2 weeks

Asked about frequency of symptoms

◦ Reports difficulty sleeping at least four or five times a week

---

Asked about aggravating factors

◦ Reports sleeping becomes more difficult to  
not redirect her thoughts from about  
◦ Denies naps during the day  
◦ Reports drinking caffeine to stay awake  
◦ Reports stopping caffeine use before bed  
◦ Denies alcohol use before bed  
◦ Denies drug use before bed  
◦ Reports respiratory problems interfering with sleep

---

Asked about relieving factors

◦ Reports sleeping more easily from her "racing thoughts"  
◦ Reports no exercise

---

Asked about impact of sleeping problems on daily living

◦ Reports feeling tired and "out of it" during the day due to lack of sleep  
◦ Reports no increased chance of accidents during the day despite lack of sleep

---

Followed up about patient's experience feeling "out of it"

◦ Reports feeling slowed down, difficulty focusing, and generally feeling "out of it"

---

Asked about anxiety symptoms

◦ Reports feelings of anxiety as "being on edge" and "being off"  
◦ Reports worry about the future and impending doom  
◦ Reports no panic attacks  
◦ Reports difficulty concentrating during the day  
◦ Reports only restlessness occurring at night  
◦ Reports slight irritability due to lack of sleep

---

Asked about impact of anxiety on daily living

◦ Reports stress only interferes with sleep  
◦ Reports stress does not prevent her usual activities

---

Asked about sleep quality

◦ Reports falling asleep often throughout the day  
◦ Reports waking up two or three times a night for "at least ten minutes"  
◦ Reports waking in the morning feeling unrefreshed

---

Asked about sleep habits

◦ Reports going to bed "around 11:00 PM" but "too nervous" to sleep  
◦ Reports actually falling asleep around 12:00 AM  
◦ Reports reading before bed  
◦ Reports no screen use (television, phone, etc.) before bed  
◦ Reports average wake time of 7:00 AM

- Reports sleeping an average of 4 or 5 hours a night
- Reports sleeping alone in a quiet room

---

Asked about stress quality

◦ Reports feeling nervous and with racing thoughts

---

### Medical History

Confirmed use of medications

◦ Confirms medications (no ne

---

Followed up about sleep medication use

◦ Denies taking OTC sleep me  
◦ Denies taking prescription sk

---

Confirmed allergies

◦ Confirms allergies (no new al

---

Asked about history of sleep problems

◦ Reports usually falls asleep v  
a log"  
◦ Reports only past sleep prob  
months after her father died, b  
own

---

### Psychological History

Asked about history of psychiatric illness

◦ Denies history of depression  
◦ Denies history of anxiety  
◦ Denies current psychiatric illr  
◦ Denies history of psychiatric  
◦ Denies bipolar disorder  
◦ Denies schizophrenia  
◦ Denies obsessive compulsive  
◦ Denies past psychiatric treat  
◦ Denies past psychotropic me

---

Asked about symptoms to determine depression risk

◦ Reports belief she does not f  
◦ Reports no difficulty making  
◦ Reports slightly decreased ei  
◦ Denies feelings of guilt or wo  
◦ Denies feelings of hopelessn  
◦ Denies loss of enjoyment in ε  
enjoyable  
◦ Reports slightly less appetite  
queasy" from lack of sleep  
◦ Denies feelings of sadness

---

Asked about suicidal tendencies

◦ Denies suicidal thoughts  
◦ Denies suicidal behaviors  
◦ Denies past suicide attempts

---

Asked about self-harm

◦ Denies history of self-harm

---

Asked about past trauma

◦ Denies past trauma

---

Asked about history of violent thoughts

- Denies angry outbursts
- Denies past violent behavior
- Denies desire to harm others

---

### Social History - Education and Work

Asked about employment status

- Currently employed
- Works for a shipping compar
- Works 32 hours a week
- Reports rarely missing work

Asked about education and learning ability

- About to receive B.A. in Acco
- Denies past special educatio
- Denies learning disabilities
- Denies speech problems
- Denies hearing problems

Asked about hobbies

- Hobbies are reading and wat

Asked about legal history

- Denies past legal issues

Asked about military service

- Denies military service

---

### Social History - Housing and Support Network

Asked about living situation

- Lives in a house
- Lives at home with mother ar

Asked about family dynamics

- Has a brother and a sister
- Father died in a car accident
- Reports family is "tight knit" ;

Asked about support network

- Reports close group of frienc
- school as well as from church
- Spends time with friends "a f
- less so with her recent schedu

Asked about spirituality

- Identifies as Baptist
- Reports attending Baptist ch
- childhood

---

### Social History - Substance Use

Asked about substance use

- Reports past marijuana use
- Denies current substance use

Followed up on past marijuana use

- Reports smoking marijuana f
- Reports last smoked marijua
- 21" years old

- Reports quitting marijuana because it "just wasn't fun anymore" and was bad for her asthma
- Reports marijuana use was for recreation, not to treat or mitigate specific symptoms

Asked about alcohol use

- Confirms alcohol use
- Reports going out "a couple
- Reports having "a few drinks
- Reports 10-12 alcoholic drink
- Reports drinking to "relax an
- Denies that anyone has aske
- Denies guilt associated with

Asked about drinking and driving

- Reports that she and her frie

Asked about tobacco use

- Denies history of tobacco us
- Denies current tobacco use

Asked about prescription drug abuse

- Denies prescription drug abu

### Social History - Relationship and Sexual History

Asked about relationship status

- Currently single

Asked about relationship history

- Reports past relationships
- Last relationship ended three
- Most recent relationship laste
- Reports she has never been

Asked about sexual history

- Reports past sexual relations
- Reports three previous sexual
- Reports last sexual encounte
- years ago

Asked about abuse history

- Denies history of abuse
- Denies past physical abuse
- Denies past verbal abuse

### Social Determinants of Health

Asked about stress causes

- Reports feeling stressed abo
- Reports CPA professional qu
- Reports upcoming graduatio
- secure employment

Asked about stress coping

- Reports coping with stress b
- Reports coping with stress b
- Reports coping with stress b
- family
- Reports usual stress coping :



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## Your Results

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## Education & Empathy : 4 of 4 (100.0%)

During the patient interview, there are a number of opportunities to provide patient education and empathy. The opportunities listed below are those identified by nursing experts to be of particular importance to this patient. A **Statement** is provided as an example of an appropriate response to each opportunity.

- Opportunities marked as **Not Encountered** are opportunities that were not elicited in the interview
- Opportunities marked as **Not Followed Up** are missed opportunities that were present in the interview, but w/o statements were made
- Opportunities marked as **Followed Up** were followed up by students, and include the dialogue between student and patient

### 1 Symptoms

Follow

**Description:** Tina describes problems sleeping and stress-symptoms like racing thoughts.



What brings you to the clinic today

04:4



I'm here because I've been having a lot of trouble sleeping. . . I just feel much more nervous lately, especially right before bed.



Let me learn more about what you're experiencing and I will try to help you

**E**  
04:4



I appreciate you saying that.

**Model Statement:** "I'm sorry to hear about your trouble sleeping and stress. I'm glad you came in. Let me learn more about what you're experiencing, and I will try to help."

### 2 Stress

Follow

**Description:** Tina describes how busy she is with school and work.



Are you employed

05:0



I'm a supervisor at Mid-American Copy & Ship. I've been working there since high school, and I've just kept moving up.



Where do you work



I'm a supervisor at Mid-American Copy & Ship. I've been working there since high school, and I've just kept moving up.



How many hours per week do you work



I work about thirty two hours a week right now, sometimes a little more if things are busy. I used to be full-time, but my bosses let me cut my hours a bit so that I could get my degree at the same time.



How much work do you miss



I haven't missed any work.



I'm sorry you're dealing with so much stress right now it sounds like you have a lot on your plate



Thanks.

**Model Statement:** "It sounds like you have a lot on your plate. I'm sorry you're dealing with so much stress."

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### 3 Sleep

**Description:** Tina describes her sleep hygiene and routine.



Have you been taking OTC meds to help you sleep



No, I haven't tried taking anything to sleep. I'd rather avoid having to take medication if possible.



Have you taken prescription medication to help you sleep (Clarified to: Have you been taking prescription sleep medication?)



No, you're the first person I'm seeing about it. And I'd rather avoid having to take medication if possible. (Clarified to: if I have been taking prescription sleep medication)



Have you had any new allergies



Nope.



Do you have a history of sleep problems



Well. . . the only other time I've had sleep problems was right after Dad died. It felt a little like this, with my mind racing, but honestly, not as bad. Other than that month or two, I've always been a really good sleeper. I could fall asleep right away, and then I'd sleep like a log.



Have you had difficulty falling sleep



Well. . . the only other time I've had sleep problems was right after Dad died. It felt a little like this, with my mind racing, but honestly, not as bad. Other than that month or two, I've always been a really good sleeper. I could fall asleep right away, and then I'd sleep like a log.



I'm sorry to hear that your dad died I know it has been a very awful experience



Shadow Health will undergo maintenance starting on Saturday, April 4th at 1:00 AM CST until Saturday, April 4th at 9:00 AM CST. During this time Shadow Health may be inaccessible.

## Mental Health Results | Turned In

Advanced Health Assessment - STU - August 2023, nur504ap4

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## Documentation / Electronic Health Record

[Document: Provider Notes](#)

### Document: Provider Notes

#### Student Documentation

#### Model Documentation

#### Subjective

Miss June presents to the clinic and not resting complaining of difficulty sleeping which she notes to have started 1 month ago. She states that her sleep is "shallow and not restful". She complains of difficulty falling asleep at least 4 or 5 nights per week, but states that she is able to stay asleep without difficulty. On average she sleeps 4 or 5 hours per night and awakens at 8:00am daily. She states that she has a fairly consistent schedule on weekdays and weekends. She does not take any prescription or over the counter meds. She endorses decreased feelings of sleeplessness. She denies difficulties awakening, but does not feel rested in the morning and has daytime fatigue. She did not take enough during the day. She said that she has a strong support system made up of friends and family who helped her especially during a time of depression. She states that she goes to be stressed by staying organized. She enjoys reading and watching television. She states that her father died in a car accident a year and a half ago which was difficult for her and she experienced some difficulties with sleep at that time as well. She denies using tobacco. She drinks approximately 10 to 12:00 p.m. register for a month but never more than three per seating. She denies exercising regularly. Denies changes in weight weakness fever chills and night sweats. Denies having daytime fatigue. Denies loss of sensation Tremors weakness paralysis fainting blackouts or seizures. And does changes in concentration and sleep. United changes in difficulties and concentration. She does not complain about increased anxiety related to exam. No past suicide attempts.

#### Assessment

Sleep disturbances related to anxiety

HPI: Ms. Jones presents to the clinic complaining of difficulty sleeping which she notes to have started 1 month ago. She states that her sleep is "shallow and not restful". She complains of difficulty falling asleep at least 4 or 5 nights per week, but states that she is able to stay asleep without difficulty. On average she sleeps 4 or 5 hours per night and awakens at 8:00am daily. She states that she has a fairly consistent schedule on weekdays and weekends. She does not take any prescription or over the counter sleep aids. She limits screen time prior to bed and does not ingest caffeine after 4pm daily. She endorses decreased feelings of sleepiness over the past month. She denies difficulties awakening, but does not feel rested in the morning and has daytime fatigue (rates 5/10 severity), restlessness, and irritability (rates 2/10 severity). She does not take naps.

Social History: She states that she has some stress related to her upcoming examinations and her impending job search upon graduation. She states that she has a strong support system made up of friends and family and she is active in her church. She states that she copes with stress by staying organized. She enjoys reading and watching television (1-2 hours per day). She states that her father died in a car accident a year and a half ago, which was difficult for her and she experienced some difficulties with sleep at that time as well. She denies use of tobacco. She drinks approximately 10-12 alcoholic beverages per month, but never more than 3 per sitting and does not note any impact on her sleep. She has used marijuana in the past, but no current use and denies other illicit drugs. She does not exercise regularly, but states that her job is somewhat active and she walks 5-15 minutes daily. She drinks 1-3 diet colas per day.

Family History: Denies any history of known sleep disorders or psychiatric disorders.

#### Review of Systems:

- General: Denies changes in weight, weakness, fever, chills, and night sweats. Does complain of increasing daytime fatigue.
- Neurologic: Denies loss of sensation, numbness, tingling, tremors, weakness, paralysis, fainting, blackouts, or seizures. Endorses changes in concentration and sleep. Denies changes or difficulties in coordination.
- Psychiatric: States that her mood has been "off" and she does not feel like herself. She does complain of increased anxiety related to upcoming exams and job search. She has no history of depression, but does state that she feels helpless and notes that her performance at work and school is beginning to decline. She denies tension or memory loss. No past suicide attempts. Denies suicidal or homicidal ideation.

Sleep disturbance related to anxiety

## Student Documentation

## Model Documentation

### Plan

I have a plan of encouraging Miss Jones to continue monitoring symptoms and low high episodes of insomnia and anxiety with the associated with factors and bring log to next visit. Encouraged to decrease caffeine consumption and increase intake of water and other fluids. Educate anxiety reductions techniques including deep breathing relaxation and guided imagery. Continue to Monitor and explore the need for possible referral to social work or a Psychiatry intervention. Discuss the need to maintain regular sleep schedule in the work schedule and sleep hygiene techniques including limiting caffeine after 2:00 p.m. Education on when to seek further or emergency care including feelings of cell family or hopelessness. Revisit clinic in 2-6 for follow-up and evaluation.

- Encourage Ms. Jones to continue to monitor episodes of insomnia and anxiety with associated next visit.
- Encourage to decrease caffeine consumption water and other fluids.
- Educate on anxiety reduction strategies including relaxation, and guided imagery. Continue to for possible referral to social work/psychiatry intervention.
- Discuss need to maintain regular sleep and hygiene techniques including limiting caffeine after dinner, limiting screen time or stimulating get out of bed if awakened in the middle of the
- Educate to limit alcohol and depressant medications (diphenhydramine and Tylenol PM).
- Educate on when to seek further or emerge self-harm or hopelessness.
- Revisit clinic in 2-4 weeks for follow up and

## Comments

If your instructor provides individual feedback on this assignment, it will appear here.



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