

Nursing process recording

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Your full April 10, Nursing Interview I interviewed a 58 year old female patient, d MarthaJones, suffering from compulsive depressive disorder.

Verbal statements

I asked Martha about her age, racial identity, and cultural background. I asked her about her education and employment status. I also asked her how she experienced her illness, and whether or not she was hopeful for the recovery. My choice of words was very friendly, and I was smiling throughout.

Non-verbal communication

I felt sympathetic and kind toward the patient. I knew that it was important to build a healthy relationship with her to make her feel at ease, and thus, I was trying to soothe her through my body language through friendly gestures. I maintained proper eye contact.

Patient's Communication

A. Martha was speaking in a very low tone, and depression expressed from her speech. She was sighing every now and then. She talked about how her children left her. Her choice of words was good which reflected her being educated.

B. I could sense restlessness from her tone of voice and her facial expression. She kept looking down most of the time, and kept her hands joined. It looked as if she did not want to talk.

C. Hopelessness, loneliness and sadness expressed from her way of talking. She also looked frustrated when she talked about how she missed her children.

Evaluation of Technique

I was using behavioral approach to look for reasons for her behavior, but I think, I should have used humanistic approach to create a more friendly bondage with Martha to get to know her feelings and validate them.

Conclusion

My interaction was friendly but not very heart touching, and that is why the patient did not feel too easy to open up her feelings to me.