

Case study

[Health & Medicine](#), [Nursing](#)



Nursing case study Evidently, the 17-year-old boy was suffering from Major Depressive Episode that resulted from the bereavement. He had a depressed mood and lost pleasure or interest in everyday activities. His previous functioning changed significantly. The DSM-IV criteria stipulate that for a patient to be diagnosed with MDE they must experience at list 5 of the following symptoms Schouten, R., & Silver, J. (2013).

Anhedonia and loss of interest

Change in eating, appetite, or weight

Sleep disruption (insomnia)

Fatigue

Hampered motor activity

Depressed mood

Loss of concentration and/or attention

Self-blame

Suicidal thoughts

Evidently, the boy's symptoms do not indicate a mixed episode but rather a single major depressive episode. The boy's symptoms are a cause of difficulty in functioning or great distress. Additionally, the symptoms are not due to direct psychological effects of a general medical condition such as hypothyroidism or intake of substances such as drugs (Guay, 2012). Since the symptoms persist for more than two months after the death of his dad, bereavement cannot account for the boys' symptoms. The Major Depressive Disorder is severe with atypical features.

Screen the patient using the two quick question screening technique.

Have you felt sad, depressed, low, down, or despair? (Guay, 2012).

Have you lost interest/ pleasure in things you usually like to do?

A “ yes” to any of the aforementioned questions calls for a meticulous assessment.

Blood tests can also be conducted to ascertain the level of TSH and thyroxin to eliminate the possibility of hypothyroidism (American Psychiatric Association, 2000). Additionally, elementary electrolytes and serum-calcium test can be used to rule out the chances of the boy having a metabolic disorder.

Considering the symptoms, a combination of antidepressant medications and psychotherapy can be operational than unaided psychotherapy.

References

American Psychiatric Association (2000). American Psychiatric Association practice guidelines for the treatment of psychiatric disorders: Compendium 2000. Washington, D. C: American Psychiatric Association.

Guay, A. (2012). Major depressive disorder. Delhi: Research World.

Schouten, R., & Silver, J. (2013). Beknopte handleiding diagnostische criteria van DSM-IV-TR. Center City, Minn: Hazelden.