

# Example of essay on health interview

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The interview conducted was for a patient with bipolar disorder. The patient's name is Mr. Jones, and he is 25 years old. In addition, he is a teacher and teaches French and Music. He married and has one child who is 3 years old. Bipolar disorder is also known as manic-depressive disorder. It is a medical condition of the brain that is characterized by unusual shifts and adversely affects a person's thoughts, feeling, and body. In other words, the moods of the individual are at the far extreme, some could be severe to the extent of harming the people around them. Furthermore, the mood states of bipolar disorder are treatable conditions that do not result from personal or moral weakness.

## **Development of the disorder**

### Diagnosis of the disorder

The symptoms that helped in diagnosing Jones were his physical changes, which were his inability to sleep, and he would over eat. Furthermore, he stopped finding pleasure in playing the piano, hanging out with his friends. He would have problems in concentrating in class, and he was highly distractible. In addition, he had racial thoughts and an increase in speech when communicating something. He had moments when he would be paranoid that someone is after him, and he could say that his dad was calling him. Finally, he could say he is ugly and engage in activities of cutting his body with a razor to feel relief. The symptoms went on for a month and counted until his mother noticed and took him to a psychiatrist.

The psychiatrist evaluated his current and past symptoms, psychiatric and mental history, family and social history. The assessment concluded that he had bipolar I. Jones's manic episode defined and supported this conclusion.

His manic episodes included his irritable mood swing that lasted for two weeks or more at times. In addition, he was more talkative, with flight of ideas and he had decrease in sleep. He was easily distractible and would undertake in dangerous activities that could cause pain. Hence, this symptoms provided an explanation and reason for his diagnosis of being bipolar I.

### **Treatment of bipolar disorder**

After Mr. Jones diagnosis, he was put under treatment. He is under medication to control the symptoms to allow a return to normal levels of psychosocial functioning. Medication ensured the safety of the people around him. He usually takes lithium, and antipsychotic medication that has proven to be effective and the side effects are bearable. He also established a proper support and therapeutic alliance to help his doctor to gain the knowledge about course of his illnesses. In addition, his family and some of his relatives are educated about bipolar disorder prognosis and treatment. Hence, they are knowledgeable on how to support him and also assist him with treatment.

### **Impact of bipolar disorder**

Bipolar disorder impacts profoundly negatively on his quality of life particularly in the areas of education, vocation, financial functioning and intimate relationship. Some of the things that he struggled with were suicidal depression. The suicidal intent is majorly triggered by a feeling of low self-esteem and the need to participate in activities that are extremely dangerous, like jumping off bridge. In addition, he felt irritable and extreme sad to the point of committing suicide.

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He felt hopeless almost all the time, and this affected the way he related to other people. He struggled with feelings of hopelessness and helplessness, and this also triggered his suicidal intent. Therefore, he could not maintain or sustain a relationship because he always played the victim.

He would also experience difficulty with his academics because of low concentration in class, and this would cause him to miss instruction in the classroom. Similarly, he would have difficulty in his academics due to irritable and disruptive manic behavior. Hence, he had difficulties in catching up with the rest of his classmate in academics and socially.

His family also was faced with the financial burden that he is facing at the moment. The cost of other treatment and medication is costly. He has to leave work to go to the hospital for appointments and this in turn affects his productivity at work.

## **Conclusion**

Bipolar disorder is a treatable condition that does not result from personal or moral weakness. In essence, it does not limit the ability of the individual to perform and achieve their goals. Moreover, the moods of a person are at the far extreme, some could be severe to the extent of harming the people around them.