

Mental Status Examination

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Well
written!

Client's Name: Selena Barona

Occupation: Retired Social Worker

Interning Clinician: Amanda Gomez

Admission Date: July 18, 2008

Today's Date: March 24, 2017

assessment

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Introduction of Client:

Selena Barona is a seventy-eight-year-old Hispanic female who originated from Cuba and was admitted to the Miami Jewish Health Systems long-term care facility with the presenting diagnosis of diabetes, epilepsy, and cellulitis. Prior to admission, she was a living independently and working as a Social Worker for the Miami Jewish Health Systems. She was transferred from University of Miami Hospital. She is unable to care for herself and needed to have long-term care for her medical needs. She is aware of her health conditions and experiences frequent moods of depression and hypomania. After admission, a psychiatric evaluation was conducted that gave evidence to Ms. Barona having Bipolar disorder. Ms. Barona has been in the home for the past nine years and lives in a skilled nursing unit in a private room. She enjoys knitting, painting, reading, and telling stories about her life before living in the home.

Presenting Problem:

Ms. Barona was referred to this intern for weekly counseling sessions by the intern's supervisor. It was reported that Ms. Barona had been experiencing extreme periods of sadness and complained frequently. Client states that she is rarely happy with anything and that most days she prefers staying in her room or in the bed. Records indicate the diagnosis of Bipolar II.

History:

Ms. Selena Barona grew up as one of two siblings. She is the oldest of the two. She has one brother, Mateo. She reports that prior to her attending college for social work, she wrote two plays in Cuba and one book in America that won her a prize in Washington D.C. She stated that she enjoyed her job as a social worker the most because it was what she always wanted to do and that helping people is part of who she is. She has a medical history of epilepsy, diabetes, and cellulitis. She states that her epilepsy is controlled by medication but that her hands are still shaky. She is currently taking lithium for bipolar disorder and notes that it does not seem to help her with her feelings of sadness. She stated that she started becoming depressed during her previous marriage. She informed this intern that her previous husband would frequently call her names and make her feel like nothing she did was any good. She said it was hard for her to get a divorce because of her health conditions, but she knew that she had to do it. After her divorce, she started having to take care of herself and was in and out of the hospital frequently for seizures. She knew that the last hospital visit would result in being admitted into the nursing home and that she had learned to accept this inevitability. Ms. Barona denies any substance abuse or legal history.

Mental Status:

Client is seventy-eight-years-old and is five foot four inches tall and weighs in at two hundred forty pounds. Throughout the assessment, she was dressed in baggy pink shorts with a long sleeved blouse pulled over a white t-shirt. Her hair is short above her ears and appeared slightly disheveled. Client was sitting in her wheelchair gazing out the window at the trees in front of her window. She constantly stated that she does not like to leave her room because she never feels up to it. She was saying how hot it is to be spring and that it is known as the Indian Summer for Miami and that she did not like to go outside when it is so hot out.

Ms. Selena Barona was oriented to person, place and time. She had difficulty hearing and responding to questions being asked as she frequently asked this intern to repeat questions. Her gait and movements seemed delayed due to muscle weakness. She stated that she recently started going to physical therapy for the weakness. When she would attempt to answer a question, she would close her eyes and have difficulty remembering what she wanted to say. This intern had to give brief cues as to what the question was or what Ms. Barona had already said. Client responded to questions in a delayed manner as if it took a lot of energy. However, once she spoke, her speech was clear, but slow and slightly delayed. Her cognition and memory was intact as evidenced by her ability to provide immediate memory, remote and recent memory, and recent past memories to this intern. Her concentration and attention were remarkable.

Ms. Barona was responsive to questions that were asked, which allowed this worker to believe that she understood what was taking place. Ms. Barona displayed a flat affect by her statements about not wanting to go out of her room very often and being content

alone. She showed feelings of aggravation in regards to her being in pain and feeling like some of the staff would not help her. She kept repeating herself by saying that she knows more than the doctors do about herself. She states that she believes she has a brain tumor but all of the doctors and radiological exams say she does not. She kept reminding this intern that she knows herself better than the doctors.

Ms. Barona presented herself with normal intelligence and was able to think and respond to questions appropriately most of the time with frequent cues. All other perceptions seem to be intact with exception of the client's belief that she knows more than the doctors do. Ms. Barona does not seem to be experiencing any hallucinations, illusions, depersonalization or derealization.

Ms. Barona's impulses seem to be under control with exception to her hands shaking.

Client currently shows insight on her illness medications she takes. She has good insight on her well-being and requests help for her depression. After assessing client, she has no suicidal/homicidal ideation, intent, or plan.

Interpersonal Functioning:

Ms. Barona has a good relationship with her brother, Mateo. She reports that he visits her on Sundays most every week. She reports that she does not like most of the staff who work with her with exception to one CNA, this intern, and this intern's supervisor. Ms. Barona displays a love for art and nature as portrayed through décor throughout her room. Due to some behavioral outbursts, Ms. Barona is currently not allowed to go on out trips with the other residents. She states that she would like to go to a Cuban restaurant to order a steak. She requested a transportation arrangement and an aid to take her a few

weeks ago, but was not able to go because of scheduling conflicts. This caused her to be very distraught and disappointed and cautious of asking to reschedule the trip.

Leisure/Strengths:

Client reports that she spends a lot of time in her room alone because she feels that she is not wanted around others. Her strengths include being a very gifted painter, author, former social worker, and having a good family support.

Clinical Impressions:

Ms. Barona was given a psychiatric evaluation indicating the diagnosis of Bipolar II disorder resulting in being prescribed the medication lithium and counseling sessions with a psychologist and this intern on a weekly basis.

Ms. Barona did not meet criteria for another depressive disorder. The correlation with her mood and affect is the number one reason leading to this assumption. Previous records show her depression symptoms and periods of inflated self-esteem. At this point, the client is experiencing unresolved periods of sadness.

Due to Ms. Barona's decreased level of functioning in her everyday life, including not wanting to leave her room, wanting to stay in bed, and not wanting visitors on frequent occasion, consideration should be given to prescribing an anti-depressant in conjunction with the lithium. Ms. Barona will continue her weekly sessions with this intern for counseling. This intern has started taking Ms. Barona out of her room and wheeling her around the facility to get her out more. Her mood has started to be alleviated and she has expressed delight in this intern's visits. She states that she enjoys our visits and she likes for this intern to take her out on the campus of the facility.

Excellent Work!