Title

Name of Student

Affiliation

Course name

Instructor name

Due Date

**Case Study: Depression**

**Introduction**

For the purpose of this assignment, the chosen case study is of Mr. Shield, a 34-year-old male, who has been suffering from depression. Depression is a debilitating mental illness with mood disorders, also known as melancholia, clinical depression, and major depression (Wang et al., 2021). Depression affects a large number of individuals across the globe. According the report of the World Health Organization, there were 350 million individuals in 2019 who were suffering from depression worldwide (Wang et al., 2021). The case study informs that Mr. Shield has a low mood and he depicts disengagement. According to his spouse, he sleeps more often and has reduced his social interaction. Based on the case of Mr. Shield, this assignment offers priority assessment, actual and potential nursing diagnosis, short and long-term goals, nursing interventions, and therapeutic communication techniques.

**Priority assessment**

The case study offers some pieces of data that can be assessed. The case study informs about the mood and behavioral changes in Mr. Shield. He has withdrawn himself from social as well as recreational activities. According to the discussion by Halter (2014) one of the symptoms of depression is reduced social engagement. Depressive patients tend to isolate themselves (Halter, 2014). Similarly, Mr. Shield is getting excessive sleep as he goes to bed earlier than his usual habits, takes naps on the weekends, and falls asleep after work on the couch. Sleep disturbance has an association with clinical depression (Zhao et al., 2021). So, the priority assessment is assessing mood and behavioral changes and sleep patterns. Additionally, Mr. Shield depicts hopelessness as he mentions to his boss that "he didn't get the point anymore". Understanding the statements of Mr. Shield is crucial to assess the intensity of his depressive symptoms. In order to further assess the case of Mr. Shield, a clinical interview needs to be conducted (Halter, 2014). A structured interview needs to be designed to get more information about the symptoms of Mr. Shield. Similarly, DSM-5 is an effective tool to evaluate the symptoms in relation to diagnostic criteria.

**Actual and Potential Nursing Diagnoses**

**Actual Nursing Diagnoses**

One of the actual nursing diagnoses is depression as Mr. Shield has been experiencing persistent feelings of low mood. He has socially isolated himself and depicts disengagement. Individuals with depression tend to experience mood disorder and lack of interest (Wang et al., 2021).

Another actual nursing diagnosis is a disturbed pattern of sleep. The altered sleep pattern of Mr. Shield indicates about depressive symptoms. The disturbed sleep pattern is evidenced by napping on weekends, going to bed earlier than usual habit and sleeping on the couch after work. Hypersomnia or insomnia are common symptoms in the individuals with depression (Zhao et al., 2021).

**Potential Nursing Diagnoses**

One of the potential nursing diagnoses is that Mr. Shield is at risk of self-harm because he is feeling low and has expressed hopelessness. Similarly, he has also withdrawn himself from social interaction. In the case study, the intent to self-harm is not mentioned explicitly but the low mood and sense of hopelessness can make Mr. Shield vulnerable to the risk of self-harm.

Another potential nursing diagnosis is imbalanced nutrition. Mr. Shield mentions that he eats when he feels hungry. This approach can affect the requirement of nutrition that his body needs. It can lead to irregular eating patterns.

**Goals**

**Short Term Goals**

One of the short-term goals is that within three weeks, Mr. Shield will show a willingness to participate in social activity. Participating in enjoyable, social activities helps in improving mood. This approach can also help in reducing depressive symptoms (Gloster et al., 2021).

Another short-term goal is that within one month, the symptoms of disturbed sleep will be eradicated and Mr. Shield will be able to maintain a regular sleep routine. According to Zhao et al. (2021) improving sleep pattern also helps in reducing depressive symptoms. A consistent sleep helps individuals to maintain energy levels and mood disorders (Halter, 2014).

**Long Term Goals**

The long-term goal is that within 6 months, there will be a reduction in depressive symptoms and DSM-5 will be used to assess the symptoms. Another long-term goal is that within 3 months, Mr. Shield will be able to resume his regular attendance at his workplace and reintegrate into social roles. The achievement of this goal is needed because social network serves as a protective factor against depressive symptoms (Halter, 2014).

**Nursing Action/Interventions**

**Depression**

One of the nursing actions/interventions for depression is to develop open communication with the patient and provide emotional support. The nurse needs to arrange one-on-one sessions with the patient and listen to the concerns and feelings of the patient. This action is needed to build a trusting relationship with the patient and reduce feeling of isolation (Halter, 2014). Another nursing intervention is that the patient needs to be referred to cognitive behavioral therapy. Cognitive behavioral therapy is an evidence-based psychological intervention to treat depression (Gautam et al., 2020). The patient with depressive symptoms experiences a lower relapse rate and eventually tends to develop effective coping mechanisms to mitigate depression (Gautam et al., 2020). Similarly, the nurse needs to assess the depressive symptoms regularly and modify the interventions accordingly.

**Disturbed Pattern of Sleep**

One of the nursing actions/interventions to manage disturbed sleep patterns is to educate the patient about maintaining a consistent sleep routine. Sleep hygiene practice is very important to manage low mood and low energy levels. Educating patients about sleep hygiene practice helps them make informed decisions and brings positive change in their life (Halter, 2014). Mr. Shield needs to sleep on time and maintain consistent sleep routine to reduce the symptoms of depression. Excessive sleep does not equate quality sleep, thus in order to get quality sleep consistent sleep schedule is needed. Another intervention is that nurse needs to make the patient learn about relaxation techniques before bedtime. For this purpose, nurse can introduce mindfulness-based intervention in Mr. Shield because a mindfulness program helps in reducing hypersomnia (Schuiling et al., 2023).

**Therapeutic Communication Technique**

**Barriers to Communication**

The case study informs that there are many barriers that can affect the communication between Mr. Shield and the nurse/ healthcare provider. One of the barriers is a lack of eye contact and minimal responses. Another barrier is that Mr. Shield gives hopeless statements which can affect open communication. Similarly, usually, mental illness is associated with stigma. The social norms in relation to masculinity can also affect the ability of Mr. Shield to express his feelings.

**Strengths**

One of the strengths of the client is his supportive spouse who has been participating actively in conservation about his mental health. Another strength is that Mr. Shield acknowledges to his boss that he feels low which implies that he is not in denial state about his condition.

**Communication Techniques**

The three communication techniques that need to be incorporated include active listening, empathy, and reflective statements. In terms of active listening, nurse needs to fully listen to the concerns and feelings of Mr. Shield. Empathy helps in building trusting relationships and reflective statements help in validating the feelings of the patient (Ronning and Bjorkly, 2019).

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