

NR 602 Week 6 reflection

Student Name

Address the following questions:

**What patterns or triggers did you noticed in the virtual patient's mood helped you in determining the patient's final diagnosis?**

The patient stated multiple times how she enjoyed the overly happy feeling she had and wished she could feel that now. She was increasingly irritable. She expressed concern over her excessive spending and drinking during her episode. Patient reported depressive episode in the not-so-distant past.

**What resources are available in your community to assist with concerns such as those faced by your virtual patient?**

The national crisis/suicide hotline 988 is available for the patient 24hrs/day

In Strafford County in New Hampshire there is community mental health through Community Partners offering a wide range of services including Psychiatry, therapy (Talk, CBT etc), care management, family support, career assistance, and emergency services to name a few.

**What is the DSM-V criteria for diagnosing this virtual patient's final diagnosis?**

UpToDate reports the DSM-5-TR diagnostic criteria for Bipolar/hypomanic episode is:

A distinct period of abnormally and persistently elevated, expansive, or irritable mood and abnormally and persistently increased activity or energy, lasting at least four consecutive days and present most of the day, nearly every day.

During the period of mood disturbance and increased energy and activity, three (or more) of the following symptoms (four if the mood is only irritable) have persisted, represent a noticeable change from usual behavior, and have been present to a significant degree:

Inflated self-esteem or grandiosity.

Decreased need for sleep (eg, feels rested after only three hours of sleep).

More talkative than usual or pressure to keep talking.