Care Plan based on the Mental State Examination in the case study Dimtrie

Student’s Name

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Date

**Clinical Mental Status Examination (MSE)**

The nominated problem is of high priority to the client because of it affects the behavior and perception of the client. It is also important because it would provide necessary information, which is required to diagnose mental issue. Dimtrie feels scared and distressful when he hears any voice. This cannot allow concentrating and therefore, affecting his behavior. He is also hears strange voices and having strange feelings most of the time. Without properly solution, which includes counseling, Dimtrie cannot mingle or interact with other competently and therefore, surviving becomes very difficult. It is therefore; make the nominated problem to be of high priority so that he can resolve the problem and behavior normal as the other people. It is also established that the patient suffers serious loses in voice and frequently hear some confusing sound, which makes her loss concentration. Though he has not indicated any signs of memory loss and he keep constant communication, which means that he follows the interview without any problem. It is likely that he can suffer from hallucination due to some mental related problems, which can be addressed.

**Rational**

It is discovered that Dmitry suffers from Auditory Hallucination, which is a serious mental problem. As stated by Martin (2017) auditory hallucination is psychological disorder associated with hearing problem, where a person hears an imaginary sounds. The common causes of auditory hallucination are mental illness and alcoholic abuse. Therefore, if the problem is not properly addressed immediately it can result to result mental problem. Research has indicated that several people have suffered memory lost due to auditory hallucination (Rajabalipour, Borna, Mohammadzadeh, & Fathollahzadeh, 2016). During the interview with Dmitry, he showed a lot of memory lapses, which if not treated would result to memory lose. Dimtrie experience constant sound from inside this can cause mental problem is the case is not addressed effectively.

Research conducted by Martin (2017), indicates that auditory hallucination affect personality if not addressed immediately. Based on the interview, it is possible for Dimtrie to lose his personality and even develop hearing problem in the future. The problem can also affect the brain structure of a patient. As stated by Martin (2017) there is brain coordination for anyone to hear any sound and continuous hearing of imaging sound could interfere with brain structure of an individual. It is therefore, means that Dimtrie could likely develop brain problem, which could result to serious mental problem as result of brain damage. It is therefore, important to ensure that immediately needed medical and psychological treatment is taken.

**Goal**

The core goal is to provide treatment to Dimtrie, to ensure that he does not suffer from auditory hallucination. However, in order to provide treatment, the cause of the problem would be investigated and prevent the occurrence. The goal is to investigate the cause of the problem and provide effective treatment and to prevent Dmitrie from experience further auditory hallucination.

 **Intervention for Auditory Hallucination**

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| **Intervention**  | **Rationale**  |
| Cognitive behavior therapy  Application of ABC Analysis of voice Monitor for withdrawal behaviorTheoretical relationship Ensures physical needs are met | Cognitive behavior therapy is one of the best nursing interventions, which could solve the problem of auditory hallucination. It is used to reduce the disability or distress, which are caused by psychotic. According to Pareira and Chaves (2017), CBT helps auditory hallucination patients to reduce emotional disturbance and therefore, a patient would be able to arrive at the balanced participatory and therefore, it is likely to reduce the occurrence of auditory hallucination. It is also noted that the role of nurses in the process of treatment of auditory hallucination is to provide better healthcare, which includes home therapy as prescribe by the experts. The nursing will provide an assistant mobility and applying various cognitive behavior tools as prescribed to help the patient recover. The ABC is a tool, which are used for the treatment of auditory hallucination. It involves the use of A and B in active voice to ensure that a person can copy up with reaction and distress. The nurse should be able to communicate effective and provide the right guidance to the patient to help in quick recovery. In most cases, the nurse should take patients to orientation to establish understanding, which is critical for treatment of various conditions most auditory patients undergo. It is stated that nurses play a critical role in monitor withdrawal behavior of patients. During the treatment of auditory hallucination, patients are put in different conditions for practice to copy up with treatment. Therefore, the role of nurse in this intervention can be achieved through the use of various structural and other tools to develop the mind of the patient. It is important for the nurse to develop theoretical relationship with the patient. This is important since it helps nurse to understand the suffering of a person undergoing a serious illness. Without proper understanding, the problem would not be solved and the work of nurses would not be effective. Nurses play a critical role in making sure that patients are treated well. It is therefore, important for nurses to show kindness and understanding. Therefore, nurses provide necessary support which include medication and other related support to ensure that patient’s recovery timeline is achieved.  |

# References

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