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Discussion: Ms. K Diagnostic assessment and impression

Defining Ms. K using the 4 D's

After reading and reviewing the assigned videos, Ms. S can be defined based on Deviance, Dysfunction, Distress, and Danger (4D'S). She is a deviance. At some point in life, she gets involved in violating social norms by attempting suicide, which is attempted murder.

Ms. K reveals dysfunction characterized by a depressive episode. She is depressed throughout the assessment, and this could have interfered with how she relates to others. She portrays a great decrease in pleasure and many activities in her life, which could cause increased dysfunction. She shows a marked loss of energy. She is still in distress for living with Chronic Obstructive Pulmonary Disease (COPD), heart attack conditions, and bipolar disorder, making her live-in fear, which is likely to persist due to late Diagnosis. This also makes her have more distressing thoughts to the point of committing suicide. She is also at risk of danger to herself associated with her mental illness. She at some point take drug substance like smoking which can expose her to more dangerous health conditions.

Mood and diagnostic impression

She is depressed due to prolonged mental and emotional disturbance of joyousness that makes her attempt suicide. The general mood or emotional state of Ms. K is inconsistent due to what she has experienced in the past, causing and thus distorting how she does things. The extreme

sadness after divorce, heart attack, COPD conditions, and alternating periods of sadness and excessive happiness could be the cause of this depressed mood.

Do you believe Ms. K is depressed? What are your diagnostic impressions?

I believe Ms. K is really depressed. From the video, she attests to have undergone depression and experienced a change in mood. My diagnostic impression is that she says sometimes isolates herself from other people. Psychologically, once an individual decides to stay away from others, it means they have lost interest or even pleasure in life, and this is linked to depression. Ms. S also like staying at home. The issue of divorce and bipolar disorder exposes her to feelings of hopelessness, tearful, and emptiness. The relationship has exposed her to frustration and irritability of even small issues. Based on the assessment, Ms. K's depression has been contributed by a combination of different factors.

First, the attack is something that exposed her to unhealth threatening conditions despite the death of her husband. This gives her a negative feeling towards life and, most of the time, feel hopeless about everything. She has all the reason to be happy, but what she has gone through make her lose the ability to enjoy pleasure. Sleep disturbance is also and insomnia. She feels that she has no enough energy. Depressed people tend to lose energy because of reduced appetite, and even performing simple tasks requires extra effort. There is a feeling of worthless which could be due to divorce and self-blame due to past failures. The frequent attempt of death and suicide proves that she is depressed.

DSM diagnosis and code

Ms. S has the following health disorders and meets the criteria for the following Diagnosis

Diagnosis code	Type of health disorder
F31.9	Bipolar disorder
311	Depressive disorder
F03. 90	Dementia disorder
300.7	Hypochondriasis for distressed mood
F30.90	Manic episode
J44.9	Chronic Obstructive Pulmonary Disease (COPD)