***PMHNP PRAC 6645 Clinical Skills***

***Self-Assessment Form***

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| **Desired Clinical Skills for Students to Achieve** | **Confident** (Can complete independently) | **Mostly confident** (Can complete with supervision) | **Beginning** (Have performed with supervision or need supervision to feel confident) | **New** (Have never performed or does not apply) |
| **Comprehensive psychiatric evaluation skills in:** |
| Recognizing clinical signs and symptoms of psychiatric illness across the lifespan |  | ✔ |  |  |
| Differentiating between pathophysiological and psychopathological conditions  |  ✔ |   |  |  |
| Performing and interpreting a comprehensive and/or interval history and physical examination (including laboratory and diagnostic studies)  |  |  ✔ |  |  |
| Performing and interpreting a mental status examination  |  ✔ |   |  |  |
| Performing and interpreting a psychosocial assessment and family psychiatric history  |  ✔ |  |  |  |
| Performing and interpreting a functional assessment (activities of daily living, occupational, social, leisure, educational). |  ✔  |  |  |  |
| **Diagnostic reasoning skill in:**  |
| Developing and prioritizing a differential diagnoses list |  |  ✔ |  |  |
| Formulating diagnoses according to DSM 5 based on assessment data  |  |  ✔  |  |  |
| Differentiating between normal/abnormal age-related physiological and psychological symptoms/changes |  |  ✔ |  |  |
| **Pharmacotherapeutic skills in:**  |
| Selecting appropriate evidence based clinical practice guidelines for medication plan (e.g., risk/benefit, patient preference, developmental considerations, financial, the process of informed consent, symptom management)  |  |  ✔ |  |  |
| Evaluating patient response and modify plan as necessary  |  ✔ |   |  |  |
| Documenting (e.g., adverse reaction, the patient response, changes to the plan of care) |  |  |  |  |
| **Psychotherapeutic Treatment Planning:**  |
| Recognizes concepts of therapeutic modalities across the lifespan |  |  ✔  |  |  |
| Selecting appropriate evidence based clinical practice guidelines for psychotherapeutic plan (e.g., risk/benefit, patient preference, developmental considerations, financial, the process of informed consent, symptom management, modality appropriate for situation)  |  |  ✔ |  |  |
| Applies age appropriate psychotherapeutic counseling techniques with individuals, families, and/or groups |  |  ✔ |  |  |
| Develop an age appropriate individualized plan of care |  |  |  |  |
| Provide psychoeducation to individuals, family, and/or groups |  |  ✔ |  |  |
| Promote health and disease prevention techniques |  ✔  |  |  |  |
| **Self-Assessment skills:**  |
| Develop SMART goals for practicum experiences  |  ✔ |  |  |  |
| Evaluating outcomes of practicum goals and modify plan as necessary  |  ✔ |  |  |  |
| Documenting and reflecting on learning experiences |  ✔ |  |  |  |
| **Professional skills:**  |
| Maintains professional boundaries and therapeutic relationship with clients and staff |   |  ✔ |  |  |
| Collaborate with multi-disciplinary teams to improve clinical practice in mental health settings  |  ✔ |  |  |  |
| Identifies ethical and legal dilemmas with possible resolutions |  |  ✔ |  |  |
| Demonstrates non-judgmental practice approach and empathy |  ✔  |  |  |  |
| Practices within scope of practice |  ✔ |  |  |  |
| **Selecting and implementing appropriate screening instrument(s), interpreting results, and making recommendations and referrals:** |
| Demonstrates selecting the correct screening instrument appropriate for the clinical situation  |  |  ✔ |  |  |
| Implements the screening instrument efficiently and effectively with the clients |  |  ✔  |  |  |
| Interprets results for screening instruments accurately |  ✔ |   |  |  |
| Develops an appropriate plan of care based upon screening instruments response |  ✔ |  |  |  |
| Identifies the need to refer to another specialty provider when applicable |  ✔ |   |  |  |
| Accurately documents recommendations for psychiatric consultations when applicable |  ✔ |  |  |  |

**Summary of strengths:**

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| One of my most notable strengths is documenting. This is a skill that I have developed over time, and I need to state it has become a vital tool in my practice. I try my best to do good documentation to promote patient safety and quality of care. The record-keeping ensures that patients receive the right care at the right time. Documenting the patient’s response eases the process of tracking the patient’s progress and continuity of care. Similarly, I try to accurately document the change to the patient’s plan of care this has promotes reducing medical errors and improved healthcare outcomes.  I have no problem practicing within my scope and completing recommendation documents for psychiatric consultations Also, I boast of my ability to demonstrate empathy and non-judgmental approaches when dealing with patients. I believe this is the skill that has enabled me to get this far in nursing profession. In this field, lacking even an ounce of compassion and empathy prevents one from connecting with and caring for patients. As a psychiatric nurse, I get subjected to a wide array of patients. Therefore I need to cope with the behavior without letting them cloud my judgment of the patient. Empathy and compassion assist me in seeing through the behavior and better understand the individual. My other strength is the ability to apply age-appropriate psychotherapeutic counseling techniques with individuals, families, and groups. I believe proper psychotherapy for different psychiatric disorders at different ages and settings is of paramount significance. I have effectively employed age-appropriate intervention by listening carefully to the client’s needs and considering different perspectives when applying the technique. Some other factors I consider when choosing techniques include language, education level, preferences, etc.**Summary of strengths**1. Documenting (e.g., adverse reaction, the patient response, changes to the plan of care
2. Practising within my scope of practice.
3. Applies age appropriate psychotherapeutic counseling techniques with individuals, families, and/or groups
4. Demonstrates non-judgmental practice approach and empathy
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**Opportunities for growth:**

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| Sometimes accurately interpreting results from screening instruments tends to be complicated. I fear that inaccurately interpreting the result may lead to a misdiagnosis, increasing medical procedures, and expenses. Therefore I purpose to develop a systematic approach to understand the results. One way is to collaborate with my preceptor to gain more experience with the results. Another way to address the challenge is by installing valuable applications. Furthermore, developing and prioritizing a differential diagnoses list also poses a challenge. For an accurate diagnosis, I need to evaluate a patient’s history and physical examination comprehensively. However, I miss the differential diagnosis from time to time, especially when a patient presents with a disease that does not easily fit into a pattern. My strategy is to use an approach to rule out substance etiology, a disorder due to a general medical condition, identify specific illnesses, and differentiate unspecified categories. Also, I aim to collaborate with my preceptor to gain more relevant knowledge to address my shortcomings. Therefore, I will effectively eliminate some illnesses and narrow down the differential diagnosis, ensuring accurate diagnosis.  Finally, sometimes it is challenging to maintain professional boundaries and therapeutic relationships with clients. Even though it allows the establishment of an open rapport with patients, sometimes there are misinterpretations. Some areas where the boundaries become blur include self-disclosure, which leads to shifting of focus, receiving significant gifts, becoming friends and physical contact. I perceive the situation may in the future compromise my profession. Therefore, I intend to take it as my responsibility to become knowledgeable about my professional boundaries guidelines. Understanding and complying with the boundaries will allow me to serve my patients better during professional interactions**Summary of opportunities for growth**1. Interprets results for screening instruments accurately
2. Identifies ethical and legal dilemmas with possible resolutions
3. Developing and prioritizing a differential diagnoses list
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**Now, write three to four (3–4) possible goals and objectives for this practicum experience. Ensure that they follow the SMART Strategy, as described in the Learning Resources.**

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| 1. **Goal:** Over the entire clinical practicum period,I will demonstrate and apply theories learnt in class to conduct a comprehensive psychological assessment to differentiate psychopathological conditions from physiological conditions.
2. **Objective:** Throughout the clinical practice, I will revise my notes and extra readings from books, internet sources and the DSMV criteria on specific clinical manifestations of psychiatric conditions and apply the knowledge during history taking, physical exam and mental status examination to distinguish mental problems from other medical conditions.
3. **Objective:** Every time I am caring for a client; I will utilize the nursing process to help me link learnt theory with the specific clinical situation.
4. **Objective:** By the end of the practicum period, I will have prepared concept maps for at least five patients with medical and mental comorbidities.
5. **Goal:** Over the entire practicum period, I will demonstrate knowledge in mental status assessment and measure my knowledge through appropriate interpretation of the data.
6. **Objective:** I will use the hospital’s mental status assessment tool to gather comprehensive data about client’s mental functioning.
7. **Objective:** During the first days into the practicum period, I will ask my preceptor to demonstrate interpretation of the information collected in order to generate both clinical and nursing diagnoses.
8. **Objective:** At the end of every assessment session, I will interpret information collected via mental status assessment tool and generate appropriate working nursing and clinical diagnoses.
9. **Goal: Conduct individual, group and family therapy**.
10. **Objective** Before conducting any individual or group therapy, I will identify the client’s problem first and read about necessary patient education prior to the actual session.
11. **Objective** I will organize a quite environment or room with adequate lighting and ventilation and provide comfortable seats for the clients to promote comfort throughout the period.

**C. Objective:** For group therapies, I will organize clients with similar condition or who need similar psychotherapy training for easy demonstration and avoid client’s feeling out of place as others take part. |

**Signature: OA**

**Date: 09/5/2021**

**Course/Section: PMHNP PRAC 6645**