

✓ **PRAC 6665/6675 Clinical Skills**

Self-Assessment Form

Desired Clinical Skills for Students to Achieve	Confident (Can complete independently)	Mostly confident (Can complete with supervision)	Beginning (Have performed with supervision or needs 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-TR 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 and/or any caregivers			✓	
Develop an age appropriate individualized plan of care		✓		
Provide psychoeducation to individuals and/or any caregivers		✓		

Promote health and disease prevention techniques		✓		
Self-assessment skill:				
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:

One area I can identify as a personal strength of mine is the use of evidence-based practice (EBP) when it comes to delivering patient care. EBP has been known to improve patient care with the latest research conducted and aide in providing optimal outcome in patient care. Another strength is communication and the ability to collaborate with other health care personnel when it comes to patient care. It is important to have a good rapport with all members of the multidisciplinary team to aide in the assistance to provide different resources that can be utilized by the patient to help stabilize care. It is also imperative to have an open professional relationship with your patient as well to gain their trust to share information with you that could be of importance to set up the right form of treatment for them. Another strength is being able to collaborate with members of the multidisciplinary team to ensure the patient is diagnosed correctly and receives the proper treatment and medication management. Empathy is another strength. To be able to understands ones' condition from their perspective and not be judgmental. Lastly, active listening helps build a trust between provider and patient. Active listening puts one in the role of a trusted intermediary.

Opportunities for growth:

Opportunities of growth would be in the clinical aspect of a thorough and comprehensive psychiatric assessment. Knowing all the right elements and questions to ask to provide the appropriate care for your patient is important. Also, being about to identify the tools needed to assess a patient for certain diagnosis and mental examination. Medication classification and distribution is another area of growth with many medications used for different diagnosis or can be used for other reasons other than what the medication is intended use is. Differential diagnosis: patients present with multiple signs and symptoms and at times it could be difficult to pinpoint exactly what the primary diagnosis is based on their clinical presentation. There are some psychiatric diagnoses that present with some of the same features nut other comorbidities must be taken into consideration as they may be the root cause that a person is presenting in a particular manner.

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.

- 1. Goal: I want to be able to appropriately diagnosis my patients according to the DSM-TR 5**
 - a. Objective: formulate a diagnosis for each patient assessed and seek immediate feedback from my preceptor**

- b. **Objective: by the end of the semester, I want minimal to no assistance with diagnosing my patients.**
 - c. **Objective: by the end of week 5 of this term, I want to be able to complete 50% of patient diagnosis with little assistance**
- 2. **Goal: I want to improve my skills in dictating and formulating notes**
 - a. **Objective: by the end of the semester, I want minimal corrections necessary to my notes**
 - b. **Objective: by end of week 5, I want to be able to complete a SOAP note on 40% of my patients independently**
 - c. **Objective: by the end of the semester, I will be able to complete a SOAP note without the use of a template or guide**
- 3. **Goal: I want to be able to educate my patient on their disease process**
 - a. **Objective: during the teaching session, I will intermittently ask the patient questions to ensure their clarity of information being relayed and offer time for questions**
 - b. **Objective: I want the patient to be able to read back information discussed with them on the education of the disease process**
 - c. **Objective: by the end of the semester, I want to be knowledgeable enough to be able teach patients the disease process and provide them with appropriate resources**
- 4. **Goal: I want a more in-depth understanding of medications, their mechanism and potential side effects**
 - a. **Objective: for these last two practicums I will learn about medications and their mechanism of action on the brain**
 - b. **Objective: by the end of the semester, I want to be able to prescribe medications appropriately according to their diagnosis**
 - c. **Objective: by week 5 of this semester, I want to be able to safely prescribe patient the correct medications under the supervision of my preceptor**

Signature: Shannon Pierce Shannon Pierce

Date: Mach 1, 2024

Course/Section: PRAC 6665 Care Across the Lifespan