***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 | Confident |  | |  | |  |
| Differentiating between pathophysiological and psychopathological conditions |  | Mostly confident | |  | |  |
| Performing and interpreting a comprehensive and/or interval history and physical examination (including laboratory and diagnostic studies) |  | Mostly confident | |  | |  |
| Performing and interpreting a mental status examination |  | Mostly confident | |  | |  |
| Performing and interpreting a psychosocial assessment and family psychiatric history |  | Mostly confident | |  | |  |
| Performing and interpreting a functional assessment (activities of daily living, occupational, social, leisure, educational). |  | Mostly confident | |  | |  |
| **Diagnostic reasoning skill in:** | | | | | | |
| Developing and prioritizing a differential diagnoses list |  | Mostly confident | |  | |  |
| Formulating diagnoses according to DSM 5 based on assessment data |  | Mostly confident | |  | |  |
| Differentiating between normal/abnormal age-related physiological and psychological symptoms/changes |  | Mostly confident | |  | |  |
| **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) |  |  | | Beginning | |  |
| Evaluating patient response and modify plan as necessary |  |  | | Beginning | |  |
| Documenting (e.g., adverse reaction, the patient response, changes to the plan of care) | confident |  | |  | |  |
| **Psychotherapeutic Treatment Planning:** | | | | | | |
| Recognizes concepts of therapeutic modalities across the lifespan |  | Mostly confident | |  | |  |
| 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) |  |  | | Beginning | |  |
| Applies age appropriate psychotherapeutic counseling techniques with individuals, families, and/or groups |  | Mostly confident | |  | |  |
| Develop an age appropriate individualized plan of care |  | Mostly confident | |  | |  |
| Provide psychoeducation to individuals, family, and/or groups |  | Mostly confident | |  | |  |
| Promote health and disease prevention techniques | confident |  | |  | |  |
| **Self-Assessment skills:** | | | | | | |
| Develop SMART goals for practicum experiences | confident |  | |  | |  |
| Evaluating outcomes of practicum goals and modify plan as necessary | confident |  | |  | |  |
| Documenting and reflecting on learning experiences | confident |  | |  | |  |
| **Professional skills:** | | | | | | |
| Maintains professional boundaries and therapeutic relationship with clients and staff | confident |  | |  | |  |
| Collaborate with multi-disciplinary teams to improve clinical practice in mental health settings | confident |  | |  | |  |
| Identifies ethical and legal dilemmas with possible resolutions | confident |  | |  | |  |
| Demonstrates non-judgmental practice approach and empathy | confident |  | |  | |  |
| Practices within scope of practice | confident |  | |  | |  |
| **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 | confident |  | |  | |  |
| Implements the screening instrument efficiently and effectively with the clients | confident |  | |  | |  |
| Interprets results for screening instruments accurately | confident |  | |  | |  |
| Develops an appropriate plan of care based upon screening instruments response | confident |  | |  | |  |
| Identifies the need to refer to another specialty provider when applicable | confident |  | |  | |  |
| Accurately documents recommendations for psychiatric consultations when applicable | confident |  | |  | |  |

**Summary of strengths:**

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| Based on the ratings provided, my strengths include;   * Performing and interpreting a comprehensive and/or interval history and physical examination: I am confident in my ability to gather relevant information from patients and interpret it accurately to inform diagnosis and treatment plans. * Performing and interpreting a mental status examination: I am skilled in assessing patients' cognitive, emotional, and behavioral functioning to inform diagnosis and treatment plans. * Collaborating with multi-disciplinary teams to improve clinical practice in mental health settings: I am able to work effectively with other healthcare professionals to provide comprehensive care to patients. * Maintaining professional boundaries and therapeutic relationships with clients and staff: I am skilled in establishing and maintaining appropriate boundaries with patients and colleagues to ensure ethical and effective care. * Identifying ethical and legal dilemmas with possible resolutions: I am able to recognize and address ethical and legal issues that may arise in clinical practice. * Practicing within my scope of practice: I am able to provide care within the limits of my training and expertise. |

**Opportunities for growth:**

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| My opportunities for improvement include;   * Selecting appropriate evidence-based clinical practice guidelines for medication plans: I need to improve my ability to choose the most appropriate medication plan for patients based on evidence-based guidelines. * Evaluating patient response and modifying plans as necessary: I need to improve my ability to monitor patients' responses to treatment and modify plans as needed to ensure optimal outcomes. * Selecting appropriate evidence-based clinical practice guidelines for psychotherapeutic plans: I need to improve my ability to choose the most appropriate psychotherapeutic plan for patients based on evidence-based guidelines. * Recognizing clinical signs and symptoms of psychiatric illness across the lifespan: I need to improve my ability to identify symptoms of mental illness in patients of all ages. * Differentiating between pathophysiological and psychopathological conditions: I need to improve my ability to distinguish between physical and mental health conditions that may present with similar symptoms. * Formulating diagnoses according to DSM 5 based on assessment data: I need to improve my ability to use the DSM 5 to diagnose mental health conditions based on assessment data. |

**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:** Enhance pharmacotherapeutic skills 2. **Objective**: Research and familiarize with at least three evidence-based clinical practice guidelines for medication plans by the end of the first month of the practicum. 3. **Objective**: Observe and assist in evaluating patient responses and modifying medication plans in at least five cases under supervision by the end of the second month. 4. **Objective**: Independently evaluate patient responses and modify medication plans in at least three cases by the end of the practicum. 5. **Goal**: Improve psychotherapeutic treatment planning skills 6. **Objective**: Study and understand the principles of at least two new evidence-based psychotherapeutic modalities by the end of the first month of the practicum. 7. **Objective**: Apply the selected psychotherapeutic modalities in at least three cases under supervision by the end of the second month. 8. **Objective**: Independently develop and implement age-appropriate individualized plans of care using the selected psychotherapeutic modalities in at least two cases by the end of the practicum. 9. **Goal**: Strengthen diagnostic reasoning skills 10. **Objective**: Observe and participate in at least five cases where differential diagnoses are developed and prioritized under supervision by the end of the first month of the practicum. 11. **Objective**: Independently develop and prioritize differential diagnoses lists in at least three cases by the end of the second month. 12. **Objective**: Accurately formulate diagnoses according to DSM 5 based on assessment data in at least three cases independently by the end of the practicum. 13. **Goal**: Develop expertise in selecting and implementing appropriate screening instruments 14. **Objective**: Review and understand the application of at least three new screening instruments by the end of the first month of the practicum. 15. **Objective**: Implement the selected screening instruments efficiently and effectively in at least five cases under supervision by the end of the second month. 16. **Objective**: Independently select, implement, and interpret results for appropriate screening instruments in at least three cases by the end of the practicum. |

**Signature:**

**Date:**

**Course/Section:**