

PRAC 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	Confident			
Differentiating between pathophysiological and psychopathological conditions	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).	Confident			
Diagnostic reasoning skill in:				
Developing and prioritizing a differential diagnoses list	Confident			
Formulating diagnoses according to DSM 5-TR based on assessment data		Mostly confident		
Differentiating between normal/abnormal age-		Mostly confident		

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)			Beginning (Needs supervision to feel confident)	
Evaluating patient response and modify plan as necessary		Mostly confident		
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)		Mostly confident		
Applies age appropriate psychotherapeutic counseling techniques with individuals and/or any caregivers			Beginning (Needs supervision to feel confident)	
Develop an age appropriate individualized plan of care		Mostly confident		
Provide psychoeducation to individuals and/or any caregivers	Confident			

Promote health and disease prevention techniques	Confident			
Self-assessment skill:				
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		Mostly confident		
Demonstrates non-judgmental practice approach and empathy		Mostly 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		Mostly 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		Mostly confident		

Summary of strengths:

Communication is one of my strengths. Communication is important in healthcare because it establishes a rapport with patients and enables sharing of information. I am able to communicate with multidisciplinary teams, patients, and their families. This is important as it also facilitates the sharing of information which leads to better patient outcomes. I am also a fast learner. As a strength this is important as everyday creates a new learning experience as a practitioner. One has to be willing to learn new skills daily as they have an impact on patient care and the quality of care.

Opportunities for growth:

I find it challenging in applying age-appropriate psychotherapeutic counselling techniques with individuals. It is appropriate to distinguish the different techniques of psychotherapy for child, adolescent, and adults.

I would also want to improve my pharmacotherapeutic skills in selecting appropriate evidence based clinical practice guidelines for medication plan. This is specifically in developmental considerations and symptom management.

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 would like to improve my skills in performing psychiatric evaluations within the remainder of the course period.

- a. **Objective:** To be familiar with the process of psychiatric evaluation within the remainder of the course.
 - b. **Objective:** to be able to evaluate the results from Mental Health Assessments.
 - c. **Objective:** to be able to conduct mental health examinations while being able to interpret the findings.
2. **Goal:** Improve pharmacotherapeutic skills in the use of appropriate evidence based clinical practice guidelines for medication plan
 - a. **Objective:** To increase my knowledge and understanding of symptom management
 - b. **Objective:** To use nursing skills in the use of appropriate evidence based clinical practice guidelines for medication plan.
 - c. **Objective:** Demonstrate quality nursing knowledge in developing medication plans.
3. **Goal:** Develop skills in planning for psychotherapeutic treatment that is age appropriate and evidence-based
 - a. **Objective:** Demonstrate the importance of evidence-based medicine in practice.
 - b. **Objective:** To implement age-appropriate treatment plans for all patients.
 - c. **Objective:** To use appropriate nursing skills to improve my knowledge in this area.
4. **Goal:** Improve professional skills in communicating and collaborating with multi-disciplinary teams
 - a. **Objective:** Improve communication skills which aid in collaborating with multi-disciplinary teams.
 - b. **Objective:** To use different communication channels in improving relations with multi-disciplinary teams.
 - c. **Objective:** Demonstrate collaborative skills in working with multi-disciplinary teams.

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Course/Section: 6635