In 450–500 words, address the following:

Learning from Experiences

Revisit the goals and objectives from your Practicum Experience Plan. Explain the degree to which you achieved each during the practicum experience. (can elaborate based on information given below)

Reflect on the three (3) most challenging patients you encountered during the practicum experience. What was most challenging about each? (the 3 most challenging patients I encountered was man who dealt with grief issues of his wife dying from COVID, a transgender man who was not accepted about his family and was having ongoing suicidal thoughts, and a young male patient who obsessed with trying to kill his mom and constantly found new ways of expressing death to her)

What did you learn from this experience?

What resources did you have available?

What evidence-based practice did you use for the patients?

What new skills are you learning?

What would you do differently?

How are you managing patient flow and volume?

**Practicum Experience Plan**

**Objective 1:** The objective for this plan is to observe and learn how to effectively communicate with the patients that are encountered during this practicum experience.

**Planned Activities:** Shadowing preceptor
**Mode of Assessment:** (Note: Verification will be documented in Meditrek)

 **PRAC Course Outcome(s) Addressed:**

* Demonstrate listening skills with probing and clarifying.
* Obtaining motivational interviewing techniques and learning to show empathy

**Objective 2:** The objective for this plan is to learn how to effectively obtain relevant information from the physical/mental exam skillfully that is being presented.

**Planned Activities:** Supervision with preceptor providing psychotheraphy

**Mode of Assessment:** (Note: Verification will be documented in Meditrek)

**PRAC Course Outcome(s) Addressed:**

* Understand how to identify hidden agendas and reasoning for seeking treatment along with obtaining the history/physical and mental health examination
* Recognize psychosocial issues and stressors of underlying issues

**Objective 3:** The objective for this plan is learn how to formulate a differential diagnosis based on the key findings from the history and mental examination presented by the patient.

**Planned Activities:** Independent direct patient care along with co-counseling sessions providing psychotheraphy

**Mode of Assessment:** (Note: Verification will be documented in Meditrek)

**PRAC Course Outcome(s) Addressed:**

* Develop professional plans in advanced nursing practice for the practicum experience
* Develop diagnoses as outlined in the DSM-5 based on the presenting information for patients/clients receiving psychotherapy.

**Summary of strengths:**

After completion of the self-assessment tool of psychiatric clinical skills, I can assert that some of my strengths include communicating and engaging with patients, working within my scope of practice, demonstrating a non-judgement zone and allowing patients to freely and openly express themselves in a caring matter which can help them feel more open to talk about their current issues that they may be facing.

**Opportunities for growth:**

Detailed above, I carry some strengths that will aide in the management of care for psychiatric patients, however I also have some weakness that will need to be addressed in order for me to be able to fully adapt and aide in treating my patients in need. Some of the opportunities for growth across the spectrum include, knowing how to perform and interpret a mental status examination comprehensive review, differentiating between pathophysiological and psychopathological conditions and Formulating diagnoses according to DSM 5 based on assessment data to name a few. Furthermore, I believe that under supervision of my preceptor, I will be learn how to implement care and educate patients on their diagnosis and develop treatment plan specifically for their individual need.

**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. During the course of this class and in the advancement of my career, I will build trust in my patients by showing them that I am attentive to their needs, while also providing emotional support and allowing them to have a voice in their treatment regimen.

2. I will assess the patients learning ability to make sure that they understand their treatment plan and can provide input regarding their diagnosis and health educational needs.

3. I plan to deliver care in a safe and nurturing environment while practicing professionalism at all times.

4. I plan to learn from experienced clinicians that will help me be able to deliver care to patients across the lifespan that may be facing several different psychiatric illnesses.

5. I plan to be open and honest when rendering care to my patients and being considerate of their personal, spiritual or cultural backgrounds and beliefs.

6. I will educated patients on the importance of taking their medication as prescribed and utilizing help of healthcare professionals when needed.