

Progression of Clinical Skills – PMHNP student

What follows are the broad expectations for our students' clinical skills in clinical practicum.

The Evaluation Instrument asks the preceptor and student to evaluate the degree of guidance the student requires to demonstrate skills and meet these and other competencies.

At the Beginning (First Term) the PMH NP Student: In area of assessment

The beginning PMHNP student weeks 1-7 should be able to:

Performs Complete and focused mental health exam

Complete an appropriate psychiatric assessment and diagnostic interview- which includes

- Conduct a thorough and appropriate HPI, Review of Systems, Mental Status, Social History, Psychiatric History (Asking the right historical questions, including the correct systems).
- Present these findings in an organized, concise statement to the Preceptor.
- Have a preliminary differential diagnosis.
(Demonstrate clinical reasoning to arrive at other possible causes for the patient's presentation)
- Demonstrates the ability to utilize common screening tests
- Rules out medical/substance use issues presentation might suggest
- Summarizes suggested diagnosis and differentials

The beginning PMHNP student weeks 8-15 should be able to:

- Further develop differential diagnosis.
- Develop the assessment for the primary complaint along with treatment plan
- See the patient not only as an individual but as a part of the larger system as well (i.e. family unit, environmental unit).
- Learn to integrate the impact of Social Determinants of Health in order to help their patient achieve and sustain the best health.
- Assess how the patient perceives his/her illness and health. (This is important for this knowledge will help guide the student in producing a plan that incorporates patient goals)
- Build a relationship and service engagement with patient

Develops Goals & Treatment Plans Collaboratively with Patient and family

- Prioritizes issues that need to be resolved
- Acknowledges the impact of Social Determinants of Health on current mental health issues
- Formulates an outcome-based treatment plan
- Bases treatment plan on evidence – base standards and practice guidelines
- Facilitates client decision making by linking care to client's concerns
- Suggests appropriate medication regime
- Applies applicable ethical and legal principles to the treatment plan

Continue PMH NP skills building – particularly second half of first term (Autumn)

Evaluates effectiveness of therapeutic interventions to reach treatment goals

- Plans care to minimize the development of complications and promote function/QOL
- Identifies, measures, monitors clinical and related behavioral outcomes to determine the effectiveness and appropriateness of the plan of care.
- Evaluates the client's changing conditions and response to therapeutic interventions, and modifies plan of care to optimize client outcomes
- Evaluates the continuing client and family involvement in treatment

Documents Relevant Data, Diagnosis, Plan, Interventions and Evaluation Accurately , in a timely thorough and retrievable form

- Communicates the client's health status in writing using appropriate terminology and format
- Documents data in a concise, organized, and thorough manner
- Documents HPI, diagnosis, history, and relevant health data
- Documents health promotion/disease prevention activities

Establishes a provider-patient relationship

- Creates a relationship which acknowledges the client's strengths
- Utilizes interventions to promote mutual trust
- Develops an empathic relationship with the patient that reflects a sense of the patient's experience and narrative of illness
- Communicates a sense of "being present" with the client
- Provides emotional and informational support to clients and their families
- Establishes a working alliance with the patient, based on mutual respect and role responsibilities
- Applies principles of self-efficacy / empowerment in promoting behavior change

By end of the first Semester : Manages one acute problem in an uncomplicated patient

- Synthesizes and prioritizes relevant data
- Identifies both typical and atypical presentations of disorders and related health problems
- Differentiates between exacerbation and reoccurrence of a chronic disorder and signs and symptoms of a new health problem
- Diagnosis of commonly occurring health problems.
- Able to evaluate potential risks related to the problem.

In addition to all of the above, the Second Semester (Spring) PMHNP student should be able to

Recommends and Manage Medication Under Supervision

- Monitors intended effects and potential adverse effects of pharmacologic and non-pharmacologic treatments
- Provides information to the patient about intended effects, potential adverse effects of the proposed prescription and other treatment options, including no treatment
- Recommends medications as legally authorized and counsels concerning drug regimens, drug side effects and interactions
- Recommends pharmacologic agents based on a knowledge of psychopathology, neurobiology, physiology, immunology, expected therapeutic actions, anticipated side effects, and courses of action, for unintended or toxic effects
- Recommends pharmacologic agents based on clinical indicators, including the results of diagnostic and laboratory tests.
- Utilize references and clinical base guidelines as they Recommends and manage medication.

Adopts a Recovery/Psychiatric Rehabilitation Focus with Patients with Chronic Mental Illnesses

- Attends to issues of safety and patient's support needs
- Facilitates patient to identify symptoms of relapse
- Assures the patient has a plan when symptoms increase
- When appropriate discusses self-management strategies with patient
- When appropriate partners with the patient in the recovery process

Address needs of complex patients and provide psychotherapeutic interventions

- Develop an assessment and plan for a patient with both chronic and acute complaints, including Substance Use Issues
- Increase the number and complexity of patients
- Increase speed of visits
- Utilize psychotherapeutic interventions appropriate to the treatment plan and focus

At the end of program, Third term (Summer) the PMHNP student should be able to

See a variety of patients independently and in a timely fashion, managing acute and chronic conditions

