



## Mid Term Evaluation

Student: Kristina Day

Cohort: 0513

Region: Okanagan

Date: November 10<sup>th</sup>, 2013

Instructor: Shannon Day

Semester: 2

Course: Psychiatric Nursing Care  
of the Older Adult

### **Standard 1:** Therapeutic Interpersonal Relationships

#### Strengths

6.03 Kristina easily engages with residents during morning care and is also able to identify her own feelings in regards to situations. Through her journaling, she has identified a challenge for her as, "Taking the time to get to know patients and their families as well as train my brain to maybe step back and look at patients from a different angle."

6.05 She also shows self-awareness through recognition of previous behaviors stating, "I think the hardest thing for me this semester is taking my time. I'm so used to Emergency care where we bombard the patient with questions to try and build up the medical history...all before we pull into the hospital."

6.07 Kristina has taken an active role in teaching her cohorts as she arrived at this clinical with a very solid medically skilled background. During Lab Day and at the facility, she has displayed kindness and patience towards her cohorts, allowing them to hone their skills with valid observations and encouragement.

#### Limitations

6.02 Kristina has a solid medical background, however will need to focus her direction in the areas of theory based communication when switching to another area in the second half.

6.04 She will have to deliberately engage in therapeutic interactions with clients to be able to recognize her own feelings and the feelings of others. She has dedicated learning goals for the second half of the semester around interpersonal relationships and will need to journal more of these interactions.

6.08 She will need to work on recognizing when she is presenting as non-judgmental and share those feelings and observations by documenting interactions through learning plans, discussions, and journals.

## **Standard 2: Application and Integration of Theory-based Knowledge**

### **Strengths**

1.02 Kristina has a sound medical based background but is keen to recognize new skills she needs to learn. She has accessed resident's charts for information as well as utilized the Master Index for learning the policies around Falls Risk assessment and Wound Care.

1.03 She has described accurately her assessment of a wound prior to and after performing a sterile dressing on a pressure ulcer.

2.01 She attended a care conference and was able to accurately describe each member of the health care team who attended and their roles.

3.02 Kristina has a solid knowledge base of performing vital signs and interpreting them as she currently work as a paramedic. She was able to assist in teaching her cohorts with learning to take them as well.

3.16 She precisely inserted an indwelling catheter following the correct procedure, researching and describing the procedure ahead of time.

3.30 She performed a sterile dressing on a resident with a pressure ulcer and was able to accurately assess the wound prior to and after performing the skill with dexterity. She documented on the wound, post care, utilizing the wound assessment sheet and the progress notes.

3.48 Kristina verbally described the classification of medication prior to administration, accurately naming side effects. She has a strong existing foundation of medications and interactions as she is a paramedic.

3.49 She safely administered medications on two residents following the rights of medication administration process accurately. She viewed the doctor's orders and MAR prior to administration.

### **Limitations**

2.06 Kristina's challenge will be to take on more nursing responsibility by accessing and collaborating with team members while she has opportunities at the facility.

### **Standard 3: Professional Responsibility**

#### **Strengths**

5.02 Kristina has utilized feedback from this writer, learning plans, and journaling to evaluate her own performance. "This week was great. I managed to give a suppository as well as put in a catheter. AS for nursing skills, I think I'm doing pretty well so far, definitely having fun with it."

5.04 She has identified her own learning needs, taking on clinical skills when they come up as well as expressing a wish to further her learning. She stated in her journal, "I am really excited to switch floors and see some different residents. Seeing the different dementias will be interesting as well as trying to build therapeutic relationships."

5.10 Kristina has shown leadership by letting others speak up, (even when she knows a lot of the answers), demonstrates assertiveness by approaching nursing staff on other units to request to observe and then perform a skill she has never mastered, and assisting her cohorts with teaching vital signs. She is organized and manages to perform her own workload as well as take on extra tasks.

#### **Limitations**

5.01 Kristina has solid medical foundational skills prior to attending this clinical, therefore she has maintained much of her focus on taking the opportunity to perform basic tasks as well as more advanced skills when possible. Due to this focus, she will need to "switch gears" and design her learning plans and journaling around self-awareness and therapeutic communication. She will need to continue to delve into her goals in regards to communication with residents with dementia and how to assess for things that are less concrete.

**Standard 4: Professional Ethics**

7.02 Kristina has revamped a learning plan to reflect feedback from this writer suggesting she set more goals around therapeutic communication, pulling in theory based evidence during interactions.

7.04 She has shown professional behavior by approaching appropriate staff and this writer with her observations. She verbally described a specific interaction with a client while assessing the status of her wound and insuring the resident was not in pain.

7.07 Kristina has had all assignments in on time and has not missed a clinical day thus far. She shows up prepared and organized prior to report in the morning. She has worked closely with her assigned cared aids.

**Limitations**

7.03 Kristina will need to take the opportunity when it arises to establish rapport with a resident and communicate with a family member. She has made this one of her goals for the second half of the semester.

7.06 She will need to continue to build strength in the areas of therapeutic communication, incorporating the client and their family in a therapeutic interaction that is goal directed.

Absences: 0

Mastery: Kristina is meeting the midterm requirements

Instructor signature:

*SK Day RPN  
Adv. Dip.*

Student signature:

*Kristina*

## Final Evaluation

Student: Kristina Day

Cohort: 0513

Region: Okanagan

Date: Dec.1<sup>st</sup>, 2013

Instructor: Shannon Day

Course: PSYN 122-6

Semester: Two

### **Standard 1:** Therapeutic Interpersonal Relationships

#### Strengths

6.01 She has spent more time journaling her feelings and has acknowledged that she has been feeling overwhelmed with some personal issues and working too much therefore increasing her stress overall. She describes in her journal, "I felt frustrated and annoyed that I couldn't do it (in regards to encouraging a resident to sit down at the table), I looked around and saw L. And I think she saw the look on my face so she came over right away and said she would take care of it."

6.03 has progressed by recognition of her feelings, especially after this writer suggested she put more effort into self-awareness through journaling. "I think I was more frustrated with myself for not being able to do it then I was with the resident for not wanting to sit down, but once I realized I had no coping skills for it, I looked up for help and acknowledged that I needed someone else to try."

6.05 has shown recognition of the behavior of others and how this may affect her in her practice. She describes being upset about a primary nurse whom she hadn't met before, talking "down to all of us like she was superior just because she memorized a pharmacology textbook." She identified a need to "develop a few coping skills instead of getting angry or embarrassed when they assume because I'm new that I know nothing."

#### Limitations

6.03 she has identified an area she needs to work on as the acceptance of change and will need to learn how to be more flexible especially in an area such as acute psychiatry where the environment changes on a daily basis and the atmosphere is not always predictable. "I've always had a hard time with change. I guess you could say as soon as I'm comfortable with a group, or an area, then I tend to become more relaxed, my day flies by and I enjoy my time."

6.08 moving forward to the next clinical experience, Kristina will need to focus on maintaining a non-judgmental attitude and work on accepting her colleagues who have less, and more experience than her. She will have to learn to tolerate colleagues and clients behavior in the future, even if she feels uncomfortable, condescended to, or embarrassed. She will have to focus on how she is feeling and how she is contributing to the situation when faced with adversity, particularly from co-workers.

## **Standard 2: Application and Integration of Theory-based Knowledge**

### Strengths

1.05 She remains focused and organized throughout out her day despite sharing she was experiencing some personal problems. She has provided care for a number of residents and administered medications on time and in an orderly fashion. She is quick to assist others when needed.

2.06 has improved in this area by collaborating with members of the care team and her cohorts. She is self-directed and volunteers for any new event that may come up that particular day as witnessed by this writer. She describes how grateful she felt by letting go of control, and allowing a cohort to assist her, stating she felt good about working together for a positive outcome rather than taking on most challenges by herself. "I stepped back and thankfully L. convinced the resident to sit down and have her breakfast."

3.42 has continued to administer medications to two residents in a safe and effective manner following the rights of medication administration. She will hopefully have the opportunity to administer a subcutaneous and intramuscular injection before her last clinical day and has pre-arranged this with the primary nurse.

### Limitations

1.06 She has strong existing medical skills and will need to focus her efforts on preparing a nursing care plan in the future, paying attention to goal directed therapeutic communication and measuring the outcomes. As this experience has been somewhat limiting for her, she will need to focus her future learning plans and care plans working with clients and families.

### **Standard 3: Professional Responsibility**

#### **Strengths**

5.01 has dramatically improved and displayed an effort to work on self-awareness by documenting her feelings in her journal and utilizing appropriate self-disclosure with this writer and her cohorts in the clinical area. She has recognized that some personal issues were affecting her motivation and was able to share this with the group. She also learned through this experience that she was able to change her perception after sharing something personal and that this did not make her a weak person, but rather stronger. "It was nice to know that I wasn't the only one completely exhausted though, everyone seemed pretty burnt out. Could be my personal issues, could be the heavy course load, it could be from working too much, or a combination of all of the above."

5.03 has improved in this areas by asking a cohort to assist her when she was frustrated and overwhelmed with a situation that she stated she normally would have been able to handle. "Something as simple as having a resident sit sown should not have been an issue for me, but it was that morning, once I noticed that, and received help, I thought it over."

5.04 has continued to identify learning needs especially after switching ares from a medical focus to the Special Care unit to spend time with residents who present with more cognitive deficits. 'I'm excited to work with more dementia residetns as upstairs was more medical focused. Downstairs my focus is really going to be on therapeutic relationships and self-awareness."

#### **Limitations**

5.10 will need improve her motivation to fulfill some of her learning goals planned around developing therapeutic relationships, especially by seeking opportunities for involvement with family members of the residents when warranted. Despite feeling as though she may have completed many of her goals, she will need to work on therapeutic communication as a specific focus for the future, as she has identified this in her learning plan and has not had much opportunity to delve very deep. She will need to make this a priority for the future, especially moving in to the next semester in acute psychiatry.

**Standard 4: Professional Ethics**

Strengths

7.01 has invested time in establishing rapport with her assigned residents and remains organized and supportive to the residents in the Special Care area since transitioning to an area for residents with more cognitive deficits.

7.05 requested assistance from a cohort after realizing that her assigned resident with severe verbal and cognitive deficits, was becoming agitated and was not able to follow her direction. "It was that day... the next day, I got that same resident up and to her chair for breakfast, no problem."

Limitations

7.06 will need to improve on taking the opportunity to engage with family members and specifically, convey empathy and validation whilst working on goal directed therapeutic interactions.

Absences: 0

Mastery: YES (has met the final requirements)

Instructor signature:



Student signature:

