



NR546NP Reflection on Learning

Name:

Achieving Program Outcome 1

This course, Advanced Pharmacology: Psychopharmacology for the Psychiatric-Mental Health Nurse Practitioner, has strengthened my ability to provide high-quality, safe, patient-centered care grounded within holistic health principles. Learning in this course has and will continue to help me achieve Program Outcome 1 by improving my ability to make evidence-based decisions for patients with psychiatric and mental health conditions, including appropriate medication selection and the use of nonpharmacologic interventions when indicated. It has helped me better understand that psychiatric treatment is not only about managing symptoms or assigning a diagnosis, but about treating each patient as a whole person.

This course has increased my understanding that different patients may present with similar symptoms or even share the same diagnosis, yet have different etiologies, genetics, epigenetics, environmental effects, and social determinants of health that affect treatment response. Because of this, safety and quality care must be individualized. I have learned that providing high-quality, patient-focused care calls for careful assessment, clinical reasoning, and joint effort with the patient and family or caregivers when appropriate. Shared decision-making is especially important in psychiatric care because treatment compliance and outcomes improve when patients feel listened to, respected, and actively involved in their care. As Edgman-Levitan and Schoenbaum (2021) explain, unless clinicians partner with patients to understand what

matters most to them, the desired outcomes of care may not be achieved. This course has prepared me to approach psychopharmacologic treatment with a more holistic, culturally sensitive, and patient-centered mindset.

AACN Essentials Domain 1 Competency: 1.3e Synthesize current and emerging evidence to influence practice

This course has really helped me to understand the fundamentals behind psychiatric disorders, neuroanatomy, and how alterations in neurotransmitters affect the function of the brain structure. The course assignments and tasks have helped me achieve the ACCN core competency **1.3e**: “synthesize current and emerging evidence to influence practice”. The assignments and course activities have helped broaden my critical thinking skills and have helped me dive deeper into the patient's presenting symptoms, consider differential diagnoses, and select the best evidence-based assessment and treatment appropriate for the patient's condition.

One specific example that has helped me achieved this competency is the weekly client case studies, that required delving through a presenting case scenarios, analyze each client past history, lifestyle, presenting symptoms, family history, physical exam, currently and past medication history, appropriate labs to be conducted and results to come up with appropriate diagnosis, rule out any differential diagnosis and to come up with appropriate treatment based on current evidence, and psychopharmacologic principles to real life situations. This has also taught me that, rather than prescribing medication based only on the client's diagnosis, I need to