

Week 3 Journal Entry

by Office user

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Obtaining Health History Reflection

Name

S/V (ets)

School Affiliation

Course

Instructor

Date Due

Obtaining Health History Reflection

Completing the assignment provided crucial insights into completing a comprehensive health history. As Bickley and Szilagyi (2017), a comprehensive examination is a source of crucial and personalized patient information that could strengthen clinician-patient clinician. The assignment served as a part of journey to building clinical skills and competence in patient assessment. In this reflection, I will be exploring the experiences with the assessment, the areas I did well, areas for improvement, and strategies I could use for improvement.

At the start of the assignment, I was somewhat unsure of the trajectory I would take in collecting the patient history. However, my familiarity with the selected individual provided some confidence. Although there were moments of uncertainty, guidance from Bates' Guidance to Physical Examination and History Taking provided substantial guidance into completing the process. Comprehensiveness was among the areas I performed well in the assignment. I was able to cover the essential sections of the comprehensive health history, while ensuring a holistic view of the patient's health. The guidance I had from the course book, I was able to focus on relevant details about his history and that of his family history, which are crucial for diagnosing and treating the suspected disorder (generalized anxiety disorder). In addition, I believe I performed well in structuring the interview questions to ensure a logical organization of the information. A clear and concise approach to the interview made it easy to collect pertinent information about the patient.

Although the interview was successful, I would require improvements in several areas. Firstly, I would require using additional open-ended questions in conducting an interview. While a structured approach based on specific questions may help in organizing history taking, incorporating additional open-ended questions could encourage a patient to share insights,

feelings, and experiences. Secondly, considering cultural factors would be essential in conducting future assessments considering the influence of culture on patients' experiences and perceptions. Thirdly, I would aim at demonstrating additional empathy when interviewing patients. Although the interview offered comprehensive information, it did not focus significantly on the patient's emotional state and feelings. A more empathetic approach would help in acknowledging patients' concerns and emotions, which could enhance the therapeutic relationship with the patient.

Several strategies would help in addressing the areas of improvement. For example, practice and role-play could improve my ability in using open-ended questions. Such activities with colleagues or friends would refine my interviewing skills. In addition, it would be essential to seek feedback from peers or supervisors to identify additional areas that would require improvements. Reflecting on the feedback would augment the current strengths and counteract my weaknesses in patient assessment. Self-directed learning and cultural competency training could also enhance my cultural sensitivity and awareness. The activities would help me better understand and respect cultural beliefs, values, and backgrounds, hence, enhancing communication and therapeutic alliance with individual patients. An empathetic approach involve active listening, acknowledgement of the patients' feelings and emotions, and expression of understanding would be crucial for future assessments. In addition, this would demand approaching patients' with a non-judgmental attitude, regardless of being familiar or unfamiliar with them. Incorporating the strategies would help in conducting an empathetic and patient-centered health history interview, resulting in better relationship and personalized treatment plans.

References

Bickley, L. & Szilagyi, P. (2017). *Bates guide to physical examination and history taking* (12th ed). Philadelphia: Wolters Kluwer.

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