

Personal / Educational Plans

March 2021

Psychiatry

Planning and Managing Learning

Evaluating Learning

What do I need to learn? What questions are to be answered?

I need to identify and differentiate psychiatric cases from normal reactions/behavioral changes brought about by external factors.

Were the learning goals achieved?

Yes, with the help of exposure from OPD, ward and ER patients.

What are the outcomes of benefits?

If I could efficiently identify true psychiatric cases, I would be able to refer them to a specialized facility faster. With this, I would also be able to apply necessary first-line interventions to patients in need of psychiatric care.

What conclusions or changes have resulted?

There are some patients that are regarded by their family members or community as having only normal reaction to an external factor but are already suffering from psychiatric illness. Screening psychiatric patients efficiently could help in their prognosis.

How will I do it? What resources are needed?

Listening to therapies conducted by residents in the department could somehow give me an idea how to handle patients in the future. Attending didactics, lectures and webinars for the department could prove to be helpful.

Are there any other learning needs that I have discovered?

We should be wary of the possible side-effects of psychiatric medications we sometimes easily prescribe on patients. It is still better to try to investigate on the possible causes in the changes in the psyche of our patients.

How will I show what I have learned? What will the outcome look like?

I would be able to counsel and help patients who are only in need of guidance during confusing times in their lives. This could be in the form of teaching patients how to handle stress at work. Also, I would be able to refer psychiatric patients in need of immediate care.

Signed by Learner:



JOSH MARC S. SEMOLAVA, M.D.

Signed by Mentor:

How will I, the department, and the patients benefit?

I would be able to provide appropriate adequate counseling to those in need.

MAY GRACE NORIEGA-ROLLE, M.D.



