

## **Week 7 Collaboration Café – Initial Post**

Dr. Barnett and class,

### **Describe the ideal setting for your visit. What is or is not suitable to have in your workspace?**

The most ideal setting for this patient would be a tele-psychiatry outpatient clinic visit where the patient is able to meet with a PMHNP consistently, possibly every 1-2 weeks based on current symptoms and severity of symptoms. Consistent follow-up appointments would be crucial for this patient as he has a diagnosis of major depressive disorder and was recently hospitalized for a suicide attempt. For optimal safety, I recommend that the patient be counseled and monitored according to his individual needs and requirements. The atmosphere of the clinic, as well as what is viewed on camera, is just as important. It should foster comfort and tranquility through elements like appropriate ambient lighting, an open layout, and soothing color schemes.

Although this patient's visit is virtual, it would be beneficial for the provider to have comfortable seating for future in-person encounters. Elements I would avoid would be harsh colors, a dimly lit space with little to no natural light coming through, a setting and tone from the provider which induces fear and pressure, and restricting patient family and friends to join in on supportive conversations.

### **How will you guide Jarrett in preparing his space for the session?**

I would guide Jarrett into a comfortable space by introducing myself, clarifying my role and how I can assist him, and giving Jarrett an open space to talk about his thoughts and emotions. I would show empathy through my non-verbal communication by actively listening, maintaining