

Process Recording



Dec-2019



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Introduction

- As a nurse working with mental illness is always a challenge. One never knows what to expect.
- Conducting a process recording gives the opportunity to improve the communication skill, note taking, self-awareness, assessments, learning to listen, observations, and role playing. A process recording provides with an additional opportunity to practice nursing values and ethics.



Definition

- **Process recording is a written account or verbatim recording of all that transpired, during and immediately following the nurse patient interaction.**
- **In other words, it is the recording of the conversation during the interaction or the interview between the nurse and the patient in the psychiatric setup with the nurse's inference.**



Purposes

- To critically analyze communication and its effects on behavior of the individual.
- To modify subsequent behavior, resulting in improved quality of therapeutic communication and nursing care.
- Assists the nurse to plan, structure and evaluate the interaction on a conscious level rather than an intuitive level.
- To gain the patients confidence and get his co-operation.
- To establish rapport with the patient.
- To know about the patients illness and to understand the psychodynamics of illness.
- To identify the role of the socio-cultured background of the patients behavior.

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- To practice various communication interview techniques to get information from the patient and to help him.
- It also act as an educative tool, Teaching tool, Diagnostic tool, therapeutic tool and a prerequisite for the nursing process.
- Helps to increase observational skills as there is a conscious process involved in thinking, sorting and classifying the interaction under the various headings.
- Helps to increase the ability to identify problems and gain skills in solving them.



For Students

- It is a basic tool for stimulating communication and self-awareness on the part of students.
- It gives students an opportunity to gain the ease and freedom in written expression that are important for professional development.
- It permits instructors and students jointly to identify students' strengths and weaknesses without students feeling threatened or exposed.
- It provides a base for developing summarized and other styles of recording required by the agency and educational institution.



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Guidelines For Process Recording

- Process recording is one method by which we can record the content of an interview.
- It involves a written record of all communication both verbal and nonverbal and a record of the worker's feelings and reflection throughout the interview.



What Should be included in the Process Recorded ?

■ EVERYTHING!

- Everything that we can remember that was either said, or done during the interview should be included.**
- Should also include setting, pertinent observations and descriptions, and intrusions such as ringing phones, etc.**
- Each process recording should concluded with a summary.**
- This summary contains the nurse's questions, reflections, and evaluations of the interview.**
- In other words, the summary allows the nurse to assess his/her performance critically.**

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Some Practical Considerations

- A. Process recordings should be done as soon as possible after the interview so that the recording will be as accurate and complete as possible.**
- B. Process recording is a very time consuming task.**
- C. Process recording should be shared and discussed with the supervisor before next interview with the client,.**
- D. Lastly, process recordings do not become part of the permanent record of the client.**

Steps of Process Recording

I. Purpose of interview/client contact

- The purposes of the client(s) contacts will be concise, clear, specific to the client and the interview, and, preferably, measurable.
- The purpose of the contact shows the relatedness between this interview and previous interviews, when applicable.



II. Observations

- Record observations of the client's appearance, demeanor, nonverbal communications, thought process, discrepancies between verbal statements, and affect.
- Record general impressions of the physical and emotional climate of the transaction.



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III. Content

- Record verbatim the content of the interview/transaction. At a minimum, the content section should include the following:
- Description of how the interview began (introductions, clarification of purposes of interaction, planning task implementation, etc.)
- Pertinent factual information and responses of both client and intern
- Identification of specific skills used - list in column headed "skill used"
- Description of the apparent emotional content of the interview - identify the nurses emotional responses in column "emotional reaction"



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IV. Post-interview assessment

- The post interview assessment includes nurses impressions based on the interactions and content of the interview.
- Was rapport established? Were the purposes attained? Why or why not? Was the focus maintained in the transaction? What are the barriers to change, if any?
- Were the client's motivations and capacities a help or hindrance to the process? Are additional resources needed?
- How did the client respond to you, your intervention?
- Themes present in the interview?



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V. nurse's role(s) and skills

- The nurse assesses the various roles (advocate, problem solver, resource broker, case manager, etc.), interview and assessment skills, self-awareness, and use of self in the transaction.
- If the nurse could do the interview over again, what would she/he do differently? What did you notice about your thoughts/feelings and how they impacted the interview?



VI. Plan

- Summarize plans and goals for the next transaction, if another will occur.
- Ties in with the assessment.
- What will you and the client do next—what, when, where, why?



Sample : The process recording activity

- FORMAT FOR PROCESS RECORDING
- Date :
- Time :
- Duration :
- Venue :
- Specific objectives of the interview -
(1) (2) (3)
- Description of the environment/situation:
- Appearance of the client:

Conclusion

- Conducting a process recording gives the opportunity to improve the communication skill, self awareness, assessments, learning to listen, observation and role playing.

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Thanks For Reading...!



Any Questions ?

