

Practice Summary Paper

NURS403 – Transition to Baccalaureate Nursing Practice

Purpose of Assignment

The purpose of this paper is to guide you through a process of self-reflection and self-evaluation to discover the scope of your personal and professional development while enrolled in the RN>BSN nursing program at Old Dominion University.

Student Approach to Assignment

I approached this assignment with much reflection. This paper displays my personal values and interests as a nurse, as well as what I have learned and areas I have grown. I used examples from my coursework at ODU, as well as application in the clinical setting to reflect upon new areas of strength.

Reason for Inclusion of this Assignment in the Portfolio

I included this paper in my portfolio because it's a general overview of all my accomplishments during the program. As a student as a nurse, this paper reviews my philosophy and my values as a nurse.

• Critical Thinking

o Engages in creative problem solving

I used the Benchmarking Project in my Nursing Informatics class to find a problem at a local hospital and create a solution to help fix it. Non-ventilator hospital acquired pneumonia was on the rise. After investigating why, lack of education, lack of time for interventions, delegation of tasks, I was able to provide a brief in-service on my unit to review preventative measures.

• Nursing Practice

o Demonstrates an awareness of complementary modalities and their usefulness in promoting health

While writing an Ethical Issues in Nursing paper, I discovered a possibly useful complementary modality that could have been used. The patient was an IV drug user and, in the end, she overdosed and died before discharge. The ANA recommends a contract between the patient and healthcare team. The contract can be individualized, but for this patient it could have been useful to limit visitors and/or help in preventing visitors bringing her outside drugs.

• Communication

o Adapts communication methods to patients with special needs

Using Dorothea E. Orem's Self-Care Deficit Theory of Nursing, I was able to communicate with a patient with dementia, in a way she understands. This included clear and slow speech and explaining each intervention before initiating care.

- **Teaching**

- o Uses information technologies to communicate health promotion, risk reduction, and disease prevention*

I provided education to coworkers using research and a PowerPoint I made. A lecture on heparin drip safety, as well as indications and prevention of such diseases was presented.

- **Research**

- o Evaluates research that focuses on the efficacy and effectiveness of nursing interventions*

Again, I used the teaching project to provide education on heparin drip safety. Research found that ensuring lab values and accurate weight, in addition to a 2 RN verification, reduced the risk of heparin drip error.

- **Leadership**

- o Assumes a leadership role within one's scope of practice as a designer, manager, and coordinator of health care to meet the need of populations*

I had the opportunity to volunteer at the food bank. Here, I was able to manage different stations, distribute handouts that I designed, and I compiled a list of additional resources to help coordinate and meet the healthcare needs some may face.

- **Professionalism**

- o Applies an ethical decision-making framework and legal guidelines to clinical situations that incorporate moral concepts, professional ethics, and advocacy for patient well-being and preferences.*

While writing my Ethical Issues in Nursing paper, I was able to review and learn ethical decision-making skills in the clinical setting. The patient was an IV drug user, and she had many visitors. Other patients on the floor were allowed visitors as well. The patient stated that if she could not have visitors, she would leave AMA. Morally, we did not want her visitors on our unit, professionally, we could not place judgement or biases on these visitors. It was difficult to advocate for the patient's well-being and her preferences because her preferences didn't regard her well-being. The ethical decision to allow her visitors was under the premise that if she did leave AMA, she would certainly die without the IV antibiotics she needed.

- **Culture**

- o Integrates knowledge of cultural diversity in performing nursing interventions*

While writing my Philosophy of Nursing paper, I expressed the importance of self-assessing. Especially when providing culturally competent care. I had the privilege to care for a woman who practiced Islam. Some nurses on the unit would not even enter her room. I showed her where to place her telemetry leads, as to try to preserve her beliefs about staying covered. I also had to discuss her plan of care with her husband. It is impossible to provide competent nursing care without our biases in check.