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Self-Reflection Narrative

This is a narrative describing how I met the objectives in my Community Health Nursing Clinical. This clinical was part of my RN-BSN program at New York City College of Technology in my Spring 2015 semester. As part of this clinical I worked with an organization called the Nurse Family Partnership which is a non-profit organization under the New York Department of Health and Mental Hygiene. This organization provides nursing visits and support to first time pregnant moms who are low-income. The organization follows the woman starting during her pregnancy and up until her child reaches the age of two.

Objective 1: Demonstrates individual professionalism through personal behaviors and appearance.

I met this objective by dressing in an appropriate manner and always wearing my ID badge when I visited clients. I maintained client confidentiality by not discussing or sharing identifying details about my clients with people who did not have the need to know. I assumed responsibility for my own learning by asking my preceptor to allow me to do some client teaching. I prepared for clinical learning by researching the organization I worked for and finding out as much as possible about who they are and what they do. I completed all my assignments within their designated time frame. I sought guidance from my preceptor, supervisor, clinical professor and course professor on any areas I needed help in. I actively participated in any clinical conferences that were conducted with my clinical professor and my fellow students. I attended clinical punctually and in accordance with school policy.

providing them with written information relevant to them. I communicated clearly and effectively with my instructor, peers and health care team verbally, via email and via text messaging. I communicated any data that I found significant to both my instructor and the health care team. I adapted my communication skills to fit the developmental needs of my client. I communicated with both mother and baby on their respective developmental levels. I reported and documented any assessments and nursing interventions accurately.

Objective 4: Establish environment conducive to learning and use a plan for learners based on evidence-based practice.

I met this objective by developing and implementing a teaching plan for an adult and family in the community setting by doing a group presentation to a group of mothers and their children. I established an environment conducive to learning by making the topic interesting and engaging the clients in the discussion. I also made sure to keep a non-judgmental attitude when giving over information to the clients. I evaluated the client learning outcomes by using a posttest after the presentation to see how much information the clients gained.

Objective 5: Utilize informational technology when managing individuals and families in the community.

I was unable to meet this objective since as part of my clinical experience I did not have access to any of the client records. Therefore, I was unable to utilize principals of nursing informatics or have the need to maintain confidentiality with client records.

Objective 6: Demonstrate a commitment to professional development

I met this objective by using appropriate current literature in planning care for the clients in the community setting. This was done using peer reviewed research articles found on reputable databases as well as information found on reputable websites. I assumed responsibility for lifelong learning my reading nursing magazines and trying to keep up with the current nursing literature. I engaged in self-evaluation by looking at my accomplishments as well as the goals I still need to attain. I am committed to adjusting to the challenges of independent practice in community health nursing by learning as much as I can about this area of nursing practice and how to deal with the unique challenges it presents.

Objective 7: Incorporate professional nursing standards and accountability into practice.

I met this objective by utilizing the American Nurses Association Standards in my clinical practice. I did this by practicing within my scope of practice, using the nursing process, adhering to ethics and by using evidence-based practice. I complied with the Nurse Family Partnership standards of practice by adhering to their model of care. I held myself accountable for my actions in the clinical area and made sure to act appropriately within my role. I am aware of my agency, the Nurse Family Partnership's mission is, which is to, "Empower first-time mothers living in poverty to successfully change their lives and the lives of their children through evidence-based nurse home visiting."

Objective 8: Collaborate with clients, significant support persons, and members of the health care team.

I met this objective by collaborating effectively with the health care team, mainly my preceptor to address any client problems. I coordinated client-care based on client needs and therapeutic interventions. I made sure the care was customized to the clients unique

circumstances and that the interventions were therapeutic for that particular client. I identified health care resources such as government programs and local clinics that the client can use. I guided clients and families to make appropriate lifestyle and treatment choices by explaining to them how it would be beneficial to them and their health. I assisted clients to make connections to other community agencies by supplying them with the information they needed about the agencies.

Objective 9: Recognize the impact of economic, political, social, and demographic forces that affect the delivery of health care services.

I met this objective recognizing the gaps in care systems. This was done by assessing the needs of the client and determining which of those needs were not being addressed by the care systems in place. I began to identify solutions to complex problems in the clinical area by assessing the population I was working with, identifying their main problems and then trying to come up with a way to solve those problems. Unfortunately, I did not have the opportunity to act as a change agent in advocating to appropriate health care resources for the clients and families I worked with.

By working with the Nurse Family Partnership I gained a lot of knowledge and insight on what a Community Health Nurse does. This in turn helped solidify the information that I learnt in class lectures. Working side by side with my nurse preceptor in the community brought to life the concepts of Community Health Nursing. I really learned a lot and enjoyed my clinical experience greatly. I hope to be able to use this knowledge to help me in my nursing career.

References

Nurse Family Partnership. (n.d.). Mission, Vision and Values. Retrieved April 16, 2015, from <http://www.nursefamilypartnership.org/about/Mission-Vision-Values>