

Narrative Self Reflection

Objective one: *Demonstrating individual professionalism through personal behaviors and appearance.* I demonstrated professionalism by dressing appropriately and avoiding street clothes in a professional, clinical setting. I Maintained contact with clinical professor in order to be informed of all required of me and came prepared to clinical setting. Maintained attendance and participated actively and voluntarily. Provided the clients with privacy and respected their right to confidentiality.

Objective two: *Employ analytical reasoning and critical thinking skills when providing care to individuals and families in the community setting.* I used various resources in order to properly assess and gather data of my clients. I also took into consideration all factors such as; cultural practices, developmental levels, personal beliefs and emotional status; in order to proper assess the influence on health status. Applied proper treatment and education in order for client's health status to improve and evaluated the result of applied interventions. During nursing interventions promoted and ensured a safe environment for the patient, surrounding individuals and workers.

Objective three: *Effectively communicate with diverse groups and disciplines using a variety of strategies regarding the health needs of individuals and families in the community setting.* Kept instructions and education provided to client, client family and professional team members clear and precise in order to reduce mistakes and maximize benefits. Collaborated with different disciplines in health care team and provided proper care as well as education. Dietitian, Doctor and Registered Nurse worked together in order to explain benefits of using an insulin pump and changing diet in order to reduce chances of complications of DM type 1 or type 2.

Objective four: *Establish environment conducive to learning and use a plan for learners based*

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on evidence-based practice. Provided individuals with proper education on management and prevention of diabetes. Printed out flyers and handouts with information on diabetic diet, proper foot care, and prevention. Encouraged clients to ask questions and responded in simple terms so that everyone would understand education provided.

Objective five: *Utilize informational technology when managing individual and families in the community.* Ensured client's information is kept confidential and privacy of information is provided.

Objective six: *Demonstrate .a commitment to professional development.* Used proper evidence based research in order to provide education to community members. Referred to peer reviewed journals to construct a proper regimen to plan out interventions to enhance health of clients. Updating knowledge on upcoming changes that will enhance my skills as an educator and my knowledge as healthcare professional.

Objective seven: *Incorporate professional nursing standards and accountability into practice.* Followed American Nurses Associated standard of practice when carrying my self as a professional Registered Nurse. Apply nursing code of ethics and also familiarized myself with the agencies scope of practice.

Objective eight: *Collaborate with clients, significant support persons and members of the health care team.* Engaged in various different sessions with client's family members as well the client them selves. Educated clients with the help of a multi disciplinary team, which includes a doctor, Nurse and dietitian.

Objective nine: *Recognize the impact of economic, political, social and demographic forces that affect the delivery of health care services.* I did my research on communities demographic which lead to realization the condition and different morbidities and co-morbidities exist in the

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community. Also the socio-economic condition of the people from that specific community also act as a contributing factor to health disparities.