My Reflection

The decision to do my bachelors degree was one made out of necessity as it is now a requirement for obtaining a job. Hence my state of mind was I’m just going to do this and get it over with, there was no enthusiasm only a feeling of compulsion. My first clinical day in Community Health was an eye opening experience. I had always think of community nursing as visiting a patient or working in a clinic, I soon realize that there is so much more to be a community health nurse.

 My first conference with the Professor and classmates was very interesting as she describe what was expected from us, I listened with eager ears and curiosity. At the end of the conference I felt empowered and overwhelmed, I taught to myself there is a lot to do. We then tour the center and meet the seniors they were very interesting, as I talked with them I started realizing just how important my role is as a nurse. Later in lecture the Professor lead an in-depth lecture on the importance of community health nurses and the awesome responsibility we have in making a difference in community health. By the end of my first day I came to realize that I am a part of a very dynamic group of people who have a responsibility to society.

 Care being the backbone of nursing requires profound interpersonal skills in order to communicate effectively with clients and other caregivers for the good of the client. I realize that continued competence is essential because of the constant evolution of knowledge. A broad knowledge base is vital because every individual who needs our interventions are unique and their care specific. I recognize that as nurses we must possess the ability to think critically because of the diversity and complexity of the nursing practice.

 In interacting with the clients at the Stien Center I soon realize just how important it is to be able to communicate effectively and how essential it is to be able to think critically. On one of my clinical days I was taking the clients blood pressure as I often do; when I did the BP of this client I discovered that her BP was very high. I proceeded to do some teaching on how important it is to have the BP controlled, I enquire about whether the client was taking prescribed medication and about medication adherence. I was surprise when the client said “I know my pressure is high because the Doctor gave me medication for it but I don’t take it because it gives me diarrhea when I take it and I don’t have money to waste to go back to the Doctor and buy new medication”. I research the medication she was prescribed; I looked at the side effects and found that diarrhea was listed as a possible side effect. I told her there are many other drugs that her Doctor could prescribe that won’t cause diarrhea. I also pointed out the danger of sustained high BP and how important it is for her to see her Doctor immediately. She promises she would go and see her Doctor to get her medication change.

 This Community Health Nursing course teaches me how important it is to look at the environment not just the individual and to be able to assess the community. Identify the needs of the community and be the voice of my clients. I look forward to successfully finish this semester and completing my Bachelors degree, which will better prepare me for my career in nursing. I believe I will be a more competent nurse who will be able to incorporate critical thinking, acknowledge diversity and provide a holistic approach care in my practice. This course have prepared me to function in a leadership position.