My name is Millicent Appiah. The purpose of this paper is to narrate how I met my clinical objective for Community Nursing class, spring 2013 semester at 9000 Shore Road Senior Center. For objective 1, I demonstrated individual professionalism through personal behavior and appearance by maintaining client confidentiality, assuming accountability for my learning and actions. I dressed appropriately for clinical and was punctual to all sessions. I participated in clinical conferences and went to clinical prepared for the task of the day but in cases where I needed assistance I sought for help from the appropriate source.

 Objective 2 demands that I employ analytical reasoning and critical thinking skills when providing care to individuals and families in the community setting. I accomplished this objective by using client interview, medical records and staff records to collect client information. I assessed the impact of developmental, emotional, cultural, religious and spiritual influences on the senior’s health status. I gathered significant data relevant to senior’s self-care needs when needed. Although I never performed self care I reported to the staff so that, the need can be met. In this setting I was not assigned to give care or complete a physical assessment of selected clients or administer medications and treatments but I utilize principles of personal safety when working in the community setting. I did routine blood pressures and educated them on their current illnesses and medication.

 For objective 3 I effectively communicated with diverse groups and disciplines using a variety of strategies regarding the health needs of individuals and families in the community setting by using therapeutic communication skills with individuals and families. I used appropriate channels of communication and communicated efficiently with my peers, my professor and the staff. I reported significant data to instructor and the staff as needed. Since most of my community is Asian and there was some sort of language barrier, I adapted other communication styles to the developmental needs of the client or sought for interpretation when needed. Objective 4 demands to establish an environment conducive to learning and use a plan for learners based on evidence-based practice. I accomplished this objective by coming up with presentations on general health. They were short educative presentations which lasted from ten to fifteen minutes because of the short attention span of the elderly population. They were very open to the information they received and asked questions at the end of the presentation.

 Objective 5 states, “utilize informational technology when managing individual and families in the community” although I never had access to database or computers I did maintain client’s confidentiality. Objective 6 is to demonstrate a commitment to professional development, I accomplished this purpose by using the appropriate language in my daily routine and in the community setting, I assumed liability for my learning through self evaluation and I was committed to adjusting with the challenges that arose in my community as a community health nurse.

For objective 7, I incorporate professional nursing standards and accountability into practice by utilizing American Nurses Association Standards in the clinical area, I complied with agency standards of practice due to the fact I knew I was responsible for my actions and was oriented to the mission of the facility from the first day of clinical. The 8th objective was to collaborate with clients, significant support persons and staff of the facility. This center is an assisted living facility hence the few number of health care of professionals but I collaborated with the coordinators on issues concerning the center and the seniors as well. I identified health care resources for clients such as nearby hospitals and clinics. Since the facility is under Lutheran Medical Center, most of the seniors have their Doctors located within few miles from the facility. I guided seniors to make appropriate lifestyle and treatment choices such eating healthier by choosing more fruits and vegetables in their diet. I taught them how to incorporate exercise in the daily routine and also to keep their medical appointments.

The last objective which is objective 9 is to recognize the impact of economic, political, social and demographic forces that affect the delivery of health care services. I did not recognize any gaps in the health care services, the seniors at this facility are very much informed and the majority that I completed health assessment on had up to date health records and had no problems in seeking health care when a problem arises. It is very hard for me to pinpoint a problem in the clinical area because the coordinators and directors are very organized and hardworking. The only problem that I pointed out to the coordinators was that, on certain days, the seniors are overwhelmed with too much information with back to back presentations on different topics in one sitting. I hope they make some changes because the presentation does not benefit the seniors if they do not remember information after the presentation is over.

I had a nice experience at this center, the view of the facility, the seniors and my colleague’s together made my semester worthwhile. With this experience, I can channel myself through the world of community nursing. The nursing profession is evolving and Community Nursing will be one area of the profession that will be making the headlines for many years to come.