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Clinical Self Evaluation

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## Clinical Self Evaluation

Human self-reflection is very important because it gives us the opportunity to look back and to learn more from the experience. In this piece I will describe how I fulfilled nine (9) clinical objectives as per the provided Clinical Evaluation Tool with regard to the Service Learning Project. My self-reflection will include a summary as to how clinical setting and didactic setting experiences correlate to each other as well as my personal and professional growth as a student and Registered Nurse.

### **Objective 1: Demonstrates individual professionalism through personal behavior and appearance.**

It is very important to represent yourself well through personal behavior and appearance. This clinical was very special and totally different than any other. Because it was a senior center it was important to dress professionally therefore, each time I had clinical I followed dress code mandated by City Tech nursing department. I dressed professionally by maintaining casual look, wearing clean clothes that are not tight and revealing mostly pant suits with formal business blouse or top. My make up, jewelry and perfume were always kept subtle and elegant. I demonstrated my professionalism by attending clinical punctually and in accordance with school policy. Part of being a good student is to participate actively in clinical conferences and seek guidance appropriately from my peers and professor if I did not understand the objective or daily assignment. I asked questions and took initiative by completing assignments and readings ahead and seek out help to gain better understanding of the daily objectives. I always kept an open mind to new ideas weighing them objectively against established knowledge and facts at hand, which means that I assumed responsibility for own learning and came prepared for clinical sessions. Confidentiality is of paramount importance. I maintained client confidentiality by

keeping all the information private. I also made sure not to disclose any of the information that the senior center considers sensitive and confidential, to a third party and fellow class mates.

This helped me maintained professional attitude through out the whole semester.

**Objective 2: Employ analytical reasoning and critical thinking skills when providing care to individuals and families in the community setting.**

When providing care to individuals and families in the community settings I employed reasoning and critical thinking skills. To collect client information I interviewed clients and used government websites. Interaction with senior such as blood pressure taking, stretching exercises, giving out lunch helped me assess the impact of developmental, emotional, cultural influences on the client's health status and self-care needs. Part of our routine during the clinical was to properly complete physical assessment and prioritize care based on analysis of data. When meeting different clients I was carefully performing my assessment by taking educated, systematic look at all aspects of individual's health status and utilizing knowledge, skills and tools of health history. Thus, I was able to apply priority-settings in planning and implementing safe appropriate nursing interventions that pertain to my clients in a timely manner. After each implementation, evaluation of the outcomes of nursing care is a must. I was carefully reflecting on my actions and if the goals that were set for my clients were met if not, I reevaluated the goals and modified care as indicated. Administration of medications was not part of the clinical because this was not a hospital settings. However, when doing blood pressure screenings I made sure to give the seniors proper education as to how to take their blood pressure medicine. When working in the community setting I utilized principles of personal safety by applying cross-cultural understanding, making appropriate decisions and constantly being aware of the surroundings.

**Objective 3: Effectively communicate with diverse groups and disciplines using a variety of strategies regarding the health needs of individuals and families in the community setting.**

Every day is a learning experience to me. Effective communication is not something that can be taught rather it is a skill that needs to be carefully applied to given situations. Each time being in clinical settings I was using therapeutic communication skills and channels of communication by actively listening to my client's concerns and understanding the emotions behind the information. Effective communication skills helped me build trust and established a quality relationship between my clients, classmates and the instructor. Significant data collected was properly communicated with the instructor and administration of the senior center. These skills were adapted to the developmental needs of my clients and documented accurately and in timely manner.

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

During this clinical it was very important to establish environment conducive to learning and use a plan for learners based on evidence-based practice (EBP). The goal of EBP is to integrate clinical opinion, scientific evidence and client perspective to provide high-quality services reflecting the interests, values, needs, and choices of the individual we serve. Establishing environment that was conducive for learning had to be on point. The clinical took place in nice, clean senior center with computer resources that were available to seniors at any time. Good clinical settings helped me develop and implement teaching plan for an adults in the community settings. Each education session provided to the client was followed by evaluation of learning outcomes.

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

When managing individuals in the community it is appropriate to utilize informational technology. In the clinical area I was using principles of nursing informatics which are the scope and standards of nursing practice. Integrating nursing science along with computer science and information science helped me meet objective five on evaluation list. I accomplished this objective through the use of information structures, information processes and information technology. The goal of this objective was to improve the health of the community, families and clients by optimizing information management and communication. I maintained strict confidentiality through following HIPPA regulation and procedures for nurses.

**Objective 6: Demonstrate a commitment to professional development.**

To achieve objective six on self evaluation I demonstrated a commitment to professional development through using appropriate literature in planning care for my clients and assumed responsibility for lifelong learning. I took time to reflect thoughtfully on my action and engaged in self-evaluation. Professional activity and development is a daily activity most often learned by leadership behavior. Throughout whole clinical I stayed committed to the challenges given by the community health nursing. I provided care to the clients in the community by using reflective practice in which the nurse considers how all parts of the nursing process relate to the care of individuals, families, other groups, and the community as a whole.

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

Incorporating professional nursing standards and accountability into practice was very important to meet objective seven. I utilized American Nurses Association Standards in clinical

practice to safely provide my clients with care. By following policies and procedures of the senior center I was able to carry out my actions safely and be accountable for them if necessary. I was aware of the assigned mission of the senior center which is to cultivate friendly relation among the members of the center and general public and also to provide services with an emphasis on group growth.

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

To complete goal of objective eight I was actively involved in morning conferences with the instructor and executive director of the senior center to effectively address senior problems. My care was coordinated based on client needs and therapeutic interventions. If my client needed additional help I was effectively identifying resources and was utilizing them to make appropriate lifestyle choices. Part of collaborating with the client was also assistance to make connections to other community agencies if needed.

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

Final objective of the evaluation was to recognize the impact of economic, political, social and demographic forces that affect the delivery of health care services. To provide better and effective care recognition of gaps in care system must be done. I also spoke with Deputy Director Bob Doxsey about financing, grants and funding of the Stein Senior Center. Health care is about access, quality, and cost therefore it is very important to act as change agent in advocating to appropriate health care resources for clients and their families.