

Nursing 4010: Community Nursing

Self-Reflection

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At my clinical experience in Shore Hill Housing, located at 9000 Shore Road, I was able to accomplish all nine objectives. I began my fifteen week journey on January 28, 2015, meeting every Wednesday from 8:30 AM to 12:40 PM. Although this clinical was more observation based rather than intervention based, I felt my colleges and I had a positive impact.

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

I accomplished objective 1 by maintaining client confidentiality, assuming responsibility for my own learning, preparing for clinical learning, completing assignments within the designated time frames, seeking guidance appropriately, participating actively in clinical conferences, attending clinical punctually, and dressing professionally. I always referred to clients using their initials and never shared any of their personal stories, took initiative in reading assigned texts and bringing in necessary materials before each clinical, handed in assignments on time, arrived on time to clinical, actively gave my opinion and asked questions about ongoing assignments and activities, and always wore slacks and button down shirts.

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

I accomplished objective 2 by using client interview skills to elicit and collect information about my clients. I was able to assess the impact of developmental, emotional, cultural, religious and spiritual influences on each client's health status. Some clients were more or less emotional than others. Some clients were religious and patriotic while others were not. Additionally, there were many clients of Asian background who didn't speak English. I collected significant data relevant to my clients' self-care needs. Blood pressure readings were discussed and if they were irregular then I would ask about additional morbidities and if the client had been taking their medications accordingly. Although I didn't do a complete physical on clients, I measured their blood pressure and heart rate. I prioritized care based on analysis of data. For example, if a client's blood pressure was irregular then I would focus on discussing adherence to medication and treatment regimens and co-morbidities. I also applied priority setting in planning hypothetical nursing interventions that would be beneficial for each individual client. Although this clinical was more observation based rather than implementing nursing interventions, I still thought about and discussed hypothetical nursing interventions. Medications and treatments weren't administered in this clinical but adherence and types of medications and treatments were discussed. I evaluated outcomes of nursing care, both deficits and desired outcomes. I was reflective about practice and modified client care needs based on evaluation of client outcomes. Lastly, I was always conscious of personal safety and safety for my clients as well.

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.

Objective 3 was accomplished through using therapeutic communication skills with the clients accordingly. I also utilized appropriate channels of communication and kept my relationships professional. Some clients were more receptive to speaking with me and having their blood pressure taken than others. I communicated significant data to my instructor and health care team, such as irregular blood pressures or specific client needs. I adapted my communication skills to the developmental needs of the clients; some clients only spoke Cantonese while others spoke English at a lower level. I reported and documented assessments of blood pressure and heart rate and filled out forms for the home visits accurately.

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

Objective 4 was accomplished through the teaching plans I developed for each client. Although this clinical was more observation based, I still discussed client needs for each client individually. I established an environment conducive to learning by sharing appropriate information in a friendly manner that the clients could understand. I evaluated client-learning outcomes based on client needs as well.

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

Objective 5 was accomplished through use of principles of nursing informatics in the clinical area. Research for my community project gave me insight on the community's demographics, morbidities, mortalities, and overall community needs. I always maintained confidentiality. I referred to clients using only their initials and kept their personal information private.

Objective 6: Demonstrate a commitment to professional development.

I accomplished objective 6 by researching and providing appropriate literature based on client needs. I am committed to successfully finishing this class, obtaining a bachelors degree in the science of nursing, and continuously continuing my education in order to stay up to date on current information. I consistently monitor how well I'm doing in this class as well as others. I will adjust myself according to challenges I face in independent practice in community health nursing.

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

I accomplished objective 7 by always applying American Nurses Association Standards in clinical, complying to Shore Hill Housing's standards of practice, being accountable for my actions, and being aware of my agency's mission.

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

Objective 8 was accomplished through collaborating with my peers, supervisors, and professors to address client needs, coordinating what care I could provide based on my clients' needs, identifying health care resources for my clients, trying my best to guide clients towards more appropriate lifestyle and treatment choices, and assisting my clients to make desired connections to other community agencies. For example, one client had skipped his blood pressure medication one morning to see if he could be without the medication. My peers and I explained that blood pressure medications are not a cure and need to be continuously taken accordingly. I then suggested that he speak with his doctor if he needed more information.

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

I accomplished objective 9 by recognizing gaps in the care system, beginning to identify solutions to complex problems in the clinical area, and acting as a change agent to advocate appropriate health care resources for my clients. We have discussed how to plan for positive change in communities by doing research to identify disparities and necessary resources. Through my research for my community project I was able to identify the top morbidities and disparities in this community. I acted as a change agent to providing necessary information to my clients based on their needs as well as giving presentations about topics I felt the clients were lacking information about.

Upon completion of my fifteen week journey, I can truly say that I've formed bonds with some of the seniors at Shore Hill Housing and have helped lead the seniors towards a healthier lifestyle. I was able to do weekly blood pressure measurements, home visits, friendly visits, health presentations, a community health project, and more. I accomplished all nine objectives and have definitely learned a lot about community nursing.