

ONYEKACHI B. OKONKWO

R.N., B.S.N

Individual Strengths

The strengths that I possess as a nurse have been developed in my journey and continue to blossom. Some of the strengths that I would like to highlight are my compassion, patience, and ability to shine under pressure. Compassion is a characteristic that all nurses should possess. Patients come to the hands of the nurse vulnerable, in need of help, which can be emotionally draining. The nurse must be able to identify the areas in which the patient can benefit from a caring hand or additional support. To do this makes all the difference in the patient outcome as well as experience. Patience is critical because especially in the hospital, the nurse is given heavy patient loads. Each patient must be given adequate time for assessment and their needs should not be dismissed out of frustration. The ability to work well under pressure is another critical attribute of a good nurse. For many patients, life or death is a constant space in which they linger. When their state of health rapidly declines, it is important that the nurse trusts his/her instincts. Panicking will negatively impact judgment making abilities and impact patient outcomes. All of these strengths I have developed in my experience as a nurse and will continue to reinforce as I grow in the field.