E-Portfolio Self Reflection

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**Introduction**

This is my self- reflection narrative on how I fulfilled the clinical objectives as per the clinical evaluation for this course at Woodhull Medical Center Brooklyn NY. I was assigned to the adult medical clinic. It is very important for me as a nurse to show professionalism wherever ever I go. Whatever you do in life reflects on you as an individual .Respect, understanding, and effective communication is very important as well. I made sure that I showed respect to all my patients, professors and other staff members. I was always curious and willing to learn new things that I wasn’t familiar with. For example, when one of the nurses was doing a retina screen for a diabetic patient, I wanted to see how it was done. I asked her if I can see how it is done. She did not hesitate to show me. I felt good about it due to the fact that I learned something new and I took the initiative to ask how it was done.

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

**Maintains client confidentiality**

Client confidentiality is a very important ethical principle that must be maintained. Through my individual professionalism I maintained client confidentiality by making sure whenever I am speaking to a client that there isn’t anyone else invading that space. Information that was shared with me by the clients was not discussed with others.

**Assumes responsibility for own learning**

I assumed responsibility for my own learning by reading, collaborating with other members of the multidisciplinary team which includes registered nurses, Pca’s, Clerks, Social workers, Counselors, and Nurse Practioners to see how I can better understand and serve the clients in the community. Understanding their practices and beliefs is very important in community nursing.

**Prepares for clinical learning**

At Woodhull Medical Center, they have lots of literature on various topics such as diabetes, hypertension and the services they provide. I always make it my responsibility each week to read upon the various literatures that I retrieved. By doing so, it helped me to better able to teach the clients about their disease process, the kind of food to eat and the services provided.

**Completes assignments within designated time frame**

My assignments are always completed in a timely manner

**Seeks guidance appropriately**

Pursuing guidance from professor/ clinical instructor/ and my mentor was done as needed. For example, there was a client who wanted me to let her use the phone to make an outside call. I made sure it was ok with my mentor before I said yes.

**Participates actively in clinical conferences**

I have participated in clinical conferences by discussing what we did throughout the day and what our role is as a community nurse. Sometimes the clinical Instructor brings article and we discussed certain topics. I have also gone with my mentor and other staff members of the medical clinic to a conference. The topic was about providing Comprehensive care to clients diagnosed with schizophrenia.

**Attends clinical punctually and in accordance with school Policy**

I was always punctual in my attendance, was at the clinic before 8:30 am, as requested by the professor.

**Dresses professionally**

I’m always professionally dressed in the attire that is requested by the school. The dress code is button down white shirt with black bottom.

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

**Uses client interview, nursing and medical records, staff nurses and other health professionals to collect client information**

This objective was not met? However, my mentor has accessed to the client medical records. Whenever the clients were interviewed care was given based on the chief complaint. Priority was given to clients who has schedule appointment.

**Assesses the impact of developmental, emotional, cultural, religious and spiritual influences on the client’s health status**

I have assessed the impact of developmental, emotional, and cultural, and religious influences at Woodhull Medical Center. I noticed that some of the clients are very religious because they would always talk about god in their conversation with my mentor and me. They also get emotional support from the staff members. I remembered this 30 year old female stated how much she enjoyed talking to my mentor and other staff members because they made her feel so comfortable when she comes to the clinic. At the clinic, they do understand that culture and spiritual influences can impact treatment and health status. Some of the clients will not take their medication because of their cultural and spiritual influences.

 **Collects significant data relevant to client’s self-care needs**

I have inquired and collected significant dated related to their self-care needs by asking the clients questions as to what special needs we can assist with. I remembered this Hispanic male who came in with a blood glucose level above 500mg/dl and uninsured. His special concern was to get health insurance so he can come to the clinic more often. As a matter of fact, the client verbalized that it was his first time coming to the clinic because of is immigrant status. He told us that he was very scared to come but his wife encouraged him to do so. He was referred to patient relations department.

**Completes a physical assessment of selected clients**

A complete physical assessment was not completed at this clinical setting; However, I was able to do vital signs such as blood pressure, pulse, respiration, height, and weight.

**Prioritizes care based on analysis of data**

 Some of this objective was not met. However, when my mentor gets walk-in clients priority is based on the severity of the complaints and the situation.

**Applies priority-setting in planning nursing interventions**

There really weren’t any interventions that were plan. However, the goal is always to get the clients in as quickly as possible to see the doctors and the Nurse Practioner. Up on discharge, verbalized instructions as well as detailed written information is given to clients in regards to medication adherence, and follow-up appointments.

**Implements safe, appropriate nursing interventions in a timely manner**

When the clients came in for their clinic visit my mentor and I always made sure their vital signs are completed in a timely manner. If he/she is diabetic the blood glucose level was always taken prior to seeing the doctor so that interventions can be done appropriately and in a timely manner.

**Administers medications and treatments safely**

This objective was not met. There were no medications given in this clinic setting*.*

**Evaluates the outcomes of nursing care**

Evaluations of the expected outcomes from the teaching plan ultimately validated and verify the appropriateness of my interventions in achieving the goals set forth.

**Reflecting on the practice, modify client care as indicated by evaluation of client outcomes.**

I havereflected on my practice as a nurse. I would love to be a community nurse in the future, especially in the community where I live. I would really work hard in advocating for uninsured immigrants to get some form of healthcare coverage. There are so many of them that have some form of acute and or chronic disease without even knowing. For example the male Hispanic client that was afraid to come to the clinic .It is very important to have health insurance. With health insurance people may be able to get a yearly physical and care rendered when needed. Health prevention and promotion is also an important factor for a community nurse.

**Utilizes principles of personal safety when working in the community setting**

I have utilized principles of personal safety when working in the clinic. I removed all jewelry and did not bring any valuables with me as requested. I did not wear any high heels shoes that could possible cause me to fall. Whenever I am speaking to an elderly patient I usually speak slowly so that my message can get across effectively. I have assisted an elderly patient back the waiting room with an unsteady gait. I have removed insulin syringes and other needles that were lying on the counter in the nurses’ room.

**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**

**Utilizes therapeutic communication skills with individuals and families in the community setting**

Effective communication was maintained via casual dialogues with clients. I have spoken directly and slowly when speaking to the elderly. I have used appropriate names and titles at all times. I have watched my body language such as verbal and non-verbal when speaking others. Therapeutic communication skills were always maintained when speaking to others, such as eye contact and empathy.

**Utilizes appropriate channels of communication**

I have utilized appropriate channels of communication whether through asking mentor or others a question in regards to patient care. My mentor and I utilized the translator phone whenever it was necessary.

**Communicates clearly and effectively with instructor, peers and the health care team**

Ihave communicated clearly and effectively with my professor and other health care members. For example, whenever there was a conference with the professor about a specific topic I always have a discussion with my mentor and peers beforehand. Getting the input of others can be helpful to see if improvement is needed. I have spoken directly and concise to my professor and other health care members.

**Communicates significant data to instructor and the health care team**

This objective was not met**.** However, whenever I was communicating to the professor about my day at clinical, I would always make sure that the information was accurate and well-presented. As stated before, I usually speak to my mentor and some of the other nurses.

**Adapts communication skills to the developmental needs of the client**

At Woodhull Medical Center, the population is diverse from teenagers, older adults, and the elderly. In the medical clinic, most of the clients are older adults. I have adapted communication skills to the developmental needs of the clients by speaking in a low tone, slowly and appropriately when necessary. I have been honest, respectful and acceptance of others beliefs and feelings. I have used effective listening and made eye contact whenever I spoke to someone. Whenever I called the clients from the waiting room, I always used their last name to show respect.

**Reports and documents assessments and nursing interventions accurately**

This objective was not met. There were no reports, documents, or assessments and nursing interventions in our clinic. However, whenever I did vital signs I would report it to my mentor accurately.

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

**Develops and implements a teaching plan for an adult and/or family in the community setting**

I have developed and implemented teaching during discharging the patient’s home. I have instructed the patients with high blood pressure to watch their salt intake, read food labels before buying them, and adhere to diet and exercise. Teaching is done on other disease as well, such as diabetes. I have allowed clients to asked questions in regards to the instructions that were given upon discharge.

 **Establish environment conducive to learning**

I have established an environment conducive to learning by speaking slowly and having the clients asked questions and voice any concerns before seeing the doctors or upon discharged*.* I have always been pleasant and respectful to the clients when they come in. Sometimes when they see a mean face they closed up and don’t want to talk.

 **Evaluates client/family learning outcomes**

 I have evaluated the outcome of my teachings upon discharge. I asked to client to repeats understanding of the discharge instruction that was given. Clients’ verbalized understanding and effective return demonstration noted.

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

**Utilize principles of nursing informatics in the clinical area**

 I did not have access to the computers personally. However, I observed my mentor and other staff member’s record and retrieved pertinent information for the clients. For example, literature was given on pain management, diabetes, and high blood pressure. Demographics information was recorded like blood pressure, glucose results, height and weight.

 **Maintain strict confidentiality with client records**

This objective was not met. However, when my mentor opened up the clients records, I did not disclose any of the information that I observed with other people. The door was always closed when the chart was being accessed.

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

**Uses appropriate current literature in planning care for clients in the community setting**

 When planning care for clients, it must be appropriate and age related. That is why I have used appropriate current literature in planning care teaching for clients in the community. This requires focus on evidence based practice as it impacts current statistics on many health related issues.

**Assumes responsibility for lifelong learning**

It is very important for a community nurse to assumed responsibility for lifelong learning. This is I why continuously read nursing journals. Keeping up with the latest evidence-based practice is very important when speaking to people in the community on current health related issues.

**Engages in self-evaluation**

A comprehensive understanding of one’s self via self-evaluation and the health issues facing the community helps to give direction about how to address the challenges faced by a community health nurse. This is why it is very important to pay attention to the culture of the people to better serve the community. I surely did gather some understanding.

**Is committed to adjusting to the challenges of independent practice in community health nursing**

I will make a pledge to be more committed to adjusting to challenges of independent practice in community health nursing. One such challenge is allocating resources for community that would help to improve health disparities and get a healthier community outcome.

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

**Utilizes American Nurses Association Standards in clinical practice**

I utilized American Nurses Association (ANA) Standards in the clinical practice by adhering to the code of ethics.

**Complies with agency standards of practice**

I have complied with agency standards of practice by dressing appropriately and respecting the role I have been given as a nurse in the community setting.

**Is accountable for actions in the clinical area**

I was accountable for all my actions in the clinical area by ensuring that I remained professionally and respectfully at all times to my professor, mentor, clients and other staff members. I have maintained *c*onfidence and competence in the information that I provided to the clients at the clinic.

**Is aware of the assigned agency‘s mission**

I am aware of Woodhull Medical Center mission because I have researched prior to going there. This includes providing primary, specialty, and acute care services with an emphasis placed on disease prevention and health promotion. They also pledge to treat all patients regardless if they can pay for the services. The value and partnership with the community in identifying and meeting health care needs is high priority on their list.

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

**Collaborates effectively with health care team to address client problems**

This objective was not met by me personally. However, this past week in clinical I was at the meeting with the health care team and a patient that had an issue in the past. The purpose of the meeting was for the patient to discuss the problem that she encountered and for the staff to acknowledge it. The nurse manager and the doctors voiced to the other staff members that they should be more aware of what they do or say at all times to avoid another situation like what happened

**Coordinates client-care based on client needs and therapeutic interventions**

This objective was not met. However, if a patient came in with a high glucose level care was rendered accordingly.

 **Identifies health care resources for client/families**

I have identified healthcare resources by providing literature information to clients in regards to the days they can come in for diabetic and pain management classes.

**Guides clients/families to make appropriate lifestyle and treatment choices**

I have always discussed with the clients that have diabetes, and high blood pressure the importance of lifestyle changes such as exercise, and the right food choices. Medication adherence was also discussed.

**Assist clients to make connections to other community agencies**

This objective was not met. This was never discussed in clinical.

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

**Recognize gaps in care system**

I have recognized gap in the healthcare system that was very disturbing to me. I noticed at the clinic that a lot of patient who has insurance coverage are very noncompliant in keeping their regular schedule appointments. However, they wait until their blood glucose level and blood pressure is out of control then they visit the emergency room. This would not have happen if they patients were more compliant with seeing their primary care provider on a regular basis. At the same time there are patients who wants to come to clinic on a regular basis but don’t have any insurance because they are undocumented.

**Begin to identify solutions to complex problems in the clinical area**

I have identified solutions to complex problems in the clinical area like expanding the waiting area for the patients. Sometimes I see patients standing because of lack of seats. They need to have a better system in regards to the waiting time to see their primary care provider. The wait is sometimes two hours long. A patient shouldn’t have to wait that long to see their doctor. The staff members should advocate more for more off site agencies resources.

**Acts as change agent in advocating to appropriate health care resources for client/families**

If I have the ability to change things, I would definitely find a way to cut the waiting time for the patients to see their primary health care provider. I would advocate for patients without insurance and undocumented to get insurance. I would find more agencies that can help patient find other resources such as housing, and food. I would advocate for all elderly patient who cannot get a round freely because of an illness to get free meals on wheels.

 In conclusion, this self- reflection on all the nine objectives that I have met was astonishing to me. The reason for this is, I work in a hospital as a medical surgical nurse. I had no idea how much community health nursing entails. This course made me realized the impact that nurses can have on a community in terms of making policies that encounter health disparities in any community. All they have to do is to know where and how to access resources for their client in the community. I enjoyed teaching, researching materials, advocating for patients, and collaborating with other health care members. These are all important factors of professionalism. I was able to connect what I learned in class with my clinical experience. I would say for most part the clinical objectives were met except for the ones that I stated prior.