

Self-Reflection of Service learning Project

Yvonne Tulsie Seymour

New York City

College of Technology

Dr. Elaine Leinung

NUR 4010

## Self-Reflection of Service learning Project

**Introduction:** This is a summary of the objectives that I completed during clinical rotation as a community health nurse. I attended clinical rotation at Cumberland Diagnostic and Treatment Center which is an offsite location for Woodhull Hospital. The Service Learning Project at Cumberland Diagnostic and Treatment Center was a great experience. I had the opportunity to interact with patients who had multiple comorbidities and needed teaching that could help to modify their lifestyle and promote health. During this experience I was able to observe and discuss with staff from many disciplines that are necessary to assist patients to manage their health and function in the community.

**Objective 1:** I demonstrated professionalism through my behaviors and appearance. During clinical rotations, I made sure that I was always punctual and professionally dressed; I was always prepared for clinical rotation and completed both my assignments and tasks on time. I assumed responsibility for learning by reading ahead, reading current literature, asking questions as needed, and seeking guidance promptly. Competency was demonstrated by meeting with clients in private and treating both clients and family respectfully; always being mindful of cultural competence and maintained confidentiality. I was also involved in clinical conferences and huddles to discuss patients' plan of care.

**Objective 2:** I employed analytical reasoning and critical thinking skills when providing care to individuals and families in the community setting. At Cumberland Center, I performed holistic physical assessments, gathered data on clients through medical records, interviews, staff nurses and other health professionals. Patients' health statuses, in regards to emotional, developmental, cultural, spiritual, and religious needs were assessed. Care was prioritized based on the analysis of data interventions were provide promptly as needed. I applied safety principles while working

## Self-Reflection of Service learning Project

in a community setting. All medications were prepared and administered ensuring the six rights of medication administration with standard and safety protocol were observed. Principles of personal safety were maintained in the community setting. Evaluation of outcomes of nursing care was obtained by getting feedback from patients and by making follow up phone calls.

**Objective 3:** Effectively communicated with diverse groups and disciplines using a variety of strategies regarding the health needs of individuals and families in the community setting. During communication with patients of diverse languages I used open ended questions, attentive listening skills and repeated patients' information for accurate clarification. Patients were receptive and answered promptly; an interpreter was used when it was necessary. I efficiently communicated with clinical instructor, peers, the multi-disciplinary team, and the nurse preceptor in regards to patients care and outcome. Meticulous documentation of assessment data and nursing interventions were promptly entered.

**Objective 4:** Established environment conducive to learning and used a plan for learners based on evidence-based practice. When teaching, I established an appropriate environment with a good source of lighting. I assessed patient's readiness to learn then discussed with them the importance of managing diabetes mellitus. I informed patients about the proven ways according to evidence based practice that can prevent or lower blood glucose levels. This involves implementation of some form of exercise, meal planning, medication compliance, and self care. Evaluation and learning outcome was assessed by allowing patients to ask questions, and provided answers, also ensuring the information given was understood. Return demonstration was reiterated to make clear teaching was effective.

**Objective 5:** I utilized informational technology when managing individuals and families in the community. I researched prescribed medications for their therapeutic use, safe dosage, adverse

## Self-Reflection of Service learning Project

effects, side effects, also contraindications. I provided patient with teaching on the difference between expected side effects, and adverse effects and when to contact care provider. Adhering to strict confidentiality practices medical information was discussed only with personnel directly involved in clients' care. All interviews were conducted in private and medical records electronic or paper chart were never left exposed.

**Objective 6:** Demonstrated a commitment to professional development through researching and reading per review, and current literature to gather recent evidence-based practice and medical data. I also attended workshops to stay well-informed with practice in order to provide best quality care for patients. I provided education for members of the community on diabetes prevention and management.

**Objective 7:** Incorporated professional nursing standards and accountability into practice. I provided proficient care within the scope of practice with the use of the American Nurses Association standards in clinical practice. I followed agency policies and procedures while providing care always mindful of accountability responsibility to keep patients safe. Use resources wisely, look out for each other and keep striving for our personal potential there by, facilitating the provision of highest quality in a dignified, humane and respectful manner.

**Objective 8:** Collaborated with clients, significant support persons, and members of the health care team. I corroborated with health care team, patients and families in ensuring all resources patients need were available. I assisted client to make connections to other community resources by discussing with client the importance of visiting the dentist. I encouraged patient and family to modify appropriate lifestyle changes to promote optimum health.

## Self-Reflection of Service learning Project

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

The community health nurse (CHN) recognizes the potential and needs of the community. The CHN can bring about change by petitioning for necessary changes that will improve the community. Through using social media, speaking out, writing letters, making phone calls and contacting politicians responsible for the community, a positive impact can be achieved on health care matters. This experience has taught me the importance of the role of the community health nurse. The roles of CHN are complex and involve many functions. The CHN is a collaborator of the multidisciplinary team and is essential in the community.

**Conclusion:** The community health nurse is a leader and a change agent. The CHN works with the multidisciplinary team, also patients and their families to achieve a good outcome.

Community health nurse are very resourceful and influential. My experience in the Service Learning Project has equipped me to function efficiently as a community health nurse. The experience is very enriching. I believe community health nursing will continue to evolve.