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**A Personal Reflection on Future Career Path as a Nurse and How to Care for Self and
Patients**

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Patients

I can confidently say that I am a nurse, having gone through various levels of training. I have earned myself an associate degree, and I did well in National Council Licensure Examination (NCLEX) for registered nurses. I also had completed a three-year diploma last year. Apart from the fact that I have trained to be a caregiver, I feel for the sick by sympathizing with them. I am happy the clients trusted me, especially when I was in my internship. I linked up quickly with my colleagues, showing a lot of respect to my fellows. I was also recommended as an accountable person after the internship.

I would wish to be part of the emergency team. I will meet the persons suffering from trauma or maybe have experienced an accident, and they are in urgency of attendance. I like working fast, and in this department, I will be able to cope with the speed needed here. I will be more focused on finding treatment methods to reduce pain as I deal with ailing clients (Buerhaus et al., 2017). I have also been trained to work in a stressful environment, and the state of some patients who are badly injured will not scare me.

There are several tips I have gained in regard to practices I plan to implement to help me care for myself. First, I will do things outside of work that will enrich my life. Exploring an interest or activity, such as singing, dancing, cooking, writing, or anything else that I like and look forward to doing, will be part of this. Another thing I want is to look after my emotional wellbeing. This will entail enjoying memorable occasions with patients, families, and colleagues, such as anniversaries, birthdays, and good news, as well as letting everyone know that they are valued and doing an amazing job. Above all, I feel that being empathetic will help me to care for myself. Everybody makes mistakes and has difficult days from time to time. As such, I will take

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a deep breath, keep my chin up, and keep pushing forward despite the challenges (Capella University, 2017)

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References

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