

A 1 Mission statement

My professional mission statement is to be a competent and lifelong learning nurse and provide compassion and respect to all the patients that I take care of. I will attain this by first completing my bachelor's degree and gaining knowledge on how to use my assessment skills and using evidence-based practice to provide the best care clinically that I can. I would like to focus my energy on the Operating/Surgical areas. My mission statement will help me to promote innovation thru technology and research while keeping my integrity and compassion in the care-healing environment.

A2 professional summary

The report that I did on a problem with breaking sterile field in the leadership and image class represented me as a learner and healthcare professional. As a healthcare professional I have been educated on policy and procedure. I am always in constant awareness of my surroundings and others. I learn from my own mistakes as well as others this makes be very good at assessing situations. Assessment is one of my strengths that was high-lighted during this project. The thirst for knowledge is another strength that was shown and helped to develop a plan for educating and helping my fellow co-workers on this project. This also held everyone accountable for their actions and made the patient experience better due to safety and infection protection.

Along the way of my progression thru the program, there were a lot of challenges that I had to overcome. The first challenge that I had to overcome was starting school at the busiest

time of the year for work and the entering of the holiday season. Time management and planning were key for me to be able to work, go to school, and be social. It was necessary to get up early in the morning and plan out the day hour by hour to be able to get things completed. In the evening time I was able to take my break and make time for friends and family. This kept everyone happy including me. The second challenge that I came across was life and death. I had a few friends that had babies and surgeries, which can be planned around but then there came the unexpected, death. The past year has been very hard for me with friends and family passing away from terminal illness, suicide, and accidental death. These uncontrollable incidents took me for a mentally stressful time. There is no planning when it comes to death. I had to take the time to grieve before I could continue with my studies. It was a very tough time for me, but I got right back into my work and school schedule. Now I am working on my last two classes and will be graduating with my BSN for nursing. I am very proud of the fact that I have worked thru diversity and will be attaining my goal.

There are 9 nursing program outcomes that I have met throughout my coursework. The first outcome is effective communication in oral, written, interpersonal, and electronic modes. I believe that my communication skills have improved from the beginning of the course to the very end. I am a very shy person and like to work behind the scenes, but with having to get out into the community for the community nursing course has helped me to come out of my shell. There is more confidence in my voice to be able to get my opinions and concerns across to my patients, co-workers, and managers.

The second outcome uses clinical reasoning. The evidence-based practice course has contributed to improve my clinical reasoning to provide safe and quality care for my patients. I

have learned how to properly research, collect data, appraise information, and differentiate between qualitative and quantitative research. Everything in the medical world changes daily. As a surgical nurse, there is always new procedures, techniques, and equipment that are being developed to make a patient's life have more quality to it. Technology has also converted some surgeries from being major to general with less evasive techniques and made recovery a lot easier and quicker. With these new concepts comes educating myself on not only the surgeries but how to recover and care for the patient better postoperatively.

Professionally accountability for providing safe and quality care with keeping ethical, professional, and legal standards is the third outcome. During my Community Health Field Project, I gained an understanding of professional accountability, observation skills, and prioritizing information in order to determine the overall health risk factors within each community. I also learned how to analyze data in order to best prioritize the needs of a given community. Another class that guided me through the professional and legal standards was professional roles and values. Which working on this class I was able to better understand the legalities of my state licensure and my skills have improved in the realm of quality care and safety. This class also taught me the importance of keeping up to date with national safety goals, reviewing hospital policies, and applying the code of ethics put forth by the American Nurses Association.

For the forth outcome of Synthesis of knowledge and disciplines within the practice of nursing is something that I learned throughout the program. While taking the evidence-based practice course, I learned how to properly do research, and how to differentiate between research

that is quantitative and qualitative as well as the difference between what is primary and/or secondary research.

Providing compassion and patient-centered care to individuals, families, and communities is a major part of nursing and is also the fifth outcome. Compassionate care is important in the healing process. Patients come from different backgrounds, cultures, and are all unique. In order to provide good quality care, nurses must understand and respect the patient's culture and background. The cultural backgrounds and beliefs may limit or hinder some of the treatment options for the patient. Understanding this may help to ease the patient's anxiety and make the patient feel more comfortable and trust the medical staff.

The sixth outcome deals with applying leadership and education skills. The professional roles and value course allowed me to better understand the traits and qualities a leader must have. During my leadership project I was able to put into practice a project that allowed me to educate my managers and co-workers in improving my department to provide better quality of care to our patients.

The seventh outcome was engaging interprofessional collaboration to improve safety and quality to healthcare. To me the quality of care is providing the best clinical care using evidence-based practice in order to achieve the best outcome for the patient. Safety is to provide purpose care and reducing the risks or harm a patient while taking care of them. I was able to put these skills into practice while working on my community health and population course and when I worked on my leadership project regarding break in sterile field and aseptic technique.

Incorporating knowledge of genomic and genetics into the care of patients, families, and communities is the eighth outcome. While working in care of the adult, one of the areas of study was about genomics and genetics. In this course I obtained a certificate through the American Museum of Natural History. From the information that I learned, I can use these skills to provide better patient care.

The last and outcome deals with the utilization of information technology. This is a very important tool in the healthcare setting, especially while trying to protect the patient's information. Throughout the program I was given the tools and the information necessary to put all the skills I learned into practice while accessing patients' medical records and how to protect that information.

During my leadership project, I fulfilled my role as a scientist by making use of research and evidence-based practice towards aseptic technique and break in sterile field within the surgical room. Secondly, as a detective I identified ways in which breaks in sterile field were being committed in the operating room and what AORN guidelines were being broken from every day activity. While as a manager of the healing environment, I demonstrated cooperation with the team members with the focus of minimizing the break in aseptic technique and sterile field within the operating room.

I feel that this program has helped me grow as a person and become a better nurse to my patients, families, and community. When I started the program, I was a little apprehensive able my ability to do the correct research for writing papers in my classes. I feel now that I have a much better understanding on how and where to find proven information and guidelines. I have a better understanding as to things that I can do that influence my co-workers for the better care

of our patients in terms of patient safety and quality of care. This has also helped me feel more confident with my skills and abilities. This program has made me more knowledgeable and the ability to share that knowledge with my fellow co-workers and the management.

B Quality and Safety

Quality Nursing care and Patient safety is set by a number of standards that need to be met. When these standards are all met, the best possible outcome will be possible given the circumstance and resources that were available. Providing only the safest of care to our patients is covered under one of the quality standards of patient care. Providing patient safety is defined by giving proper patient care while reducing the risk of harm and adverse outcomes. Prior to this program I really wasn't sure what quality patient care meant, nor did I understand that there were the same standards of quality throughout all specialties of nursing, but depending on the specialty, each standard can be applied in a different way. For example, this program and this course has shown me that the standard of helping a patient understand and exhibit healthy living choices is going to be exemplified and approached in a much different way on a maternity floor than it may be within a trauma burn unit or medical surgical unit.

In a previous course, we were to create a portfolio with a document labeled "Quality and Safety". Writing that small excerpt and doing the research to prepare for that task helped me learn so much more about patient safety and is a perfect example of how I professionally practice providing quality patient care with the highest level of safety possible. As mentioned in the previous portfolio, often times I would over look simple actions like checking charts for orders that may have been missed and being aware of how long a patient had a Foley catheter

in place but the curriculum helped me to see that those things are examples of me providing safe patient care by trying to prevent any risk or harm.

The IHI certificate is important for my current and future nursing career for many different reasons. The topics in the IHI open course are the fundamentals of nursing practice and include Improvement capability, patient safety, leadership, population health, person and family centered care as well as quality-cost-value of care. Learning about Root Cause and System Analysis to me was the most interesting of all the materials in the open course. Although complicated at first it is obvious why it is so important to identify and evaluate nursing safety issues within our practice in order to help further prevent them. This has helped me to take a different perspective on my practices, especially when an error occurs. I now try to see quickly to myself how things could have been differently to provide a different outcome. Improvement capability is crucial in the healthcare field which is an ever-changing field that always leaves room for improving upon safety and protocol issues. Patient and family centered care is something that I must use daily as I tailor my care to each patient and their circumstance. Understanding public health within our community helps to tailor our care to each individual when the time comes that we must do so on a smaller scale. The IHI open course helped me to better understand the cost and value aspects of nursing and how I can impact that by taking simple steps like being aware of federal regulations and standards of care.

In conclusion the IHI open course certificate has helped me to better understand and apply these fundamentals of nursing in my professional practice every day and will continue to help me as an Operating nurse who provides only the highest quality of care I possibly can.

C Evidence-based practice

Evidence-based practice (EBP) is the systematic search for and critical appraisal of relevant evidence. It is an interdisciplinary approach to problem solve based on evidence from studies, patient values and preferences and a clinician's expertise in making decisions about patient's care. This course has changed my thought about evidence-based practice and opened my eyes to how complex research can be. I always thought that EBP was just a 7-step process to find a way to question or problem. The research found can be primary or secondary, quantitative, and qualitative.

The program has also taught me how to find relevant information, differentiate the type of information gathered, and to drill down the information to get the information that is being sought out. As part of the Evidence-based practice course, we had to pick a topic that was a problem, find different types of research articles, critique the information, and give a synopsis of the information found in the articles. This has helped me at my job as an operating nurse by finding relevant information for a problem that were having in the OR rooms with the environment and personnel. It has helped outcomes and patient experience.

I can evaluate current primary research and apply the concepts to my nursing practice after taking these courses. I now understand how it is important to identify research that has relevancy, meaning it is applicable to the issues that I am seeking to address, and the believability of the data must be regarded as true and from credible sources. These are two very important aspects of conducting research because I have learned that it is sometimes difficult to find research that meets the purpose of the problem I am seeking to solve, or the data may be incomplete or from sites that are not academically reviewed or written by unknown sources.

I have learned the differences between quality improvement and research. Regarding quality improvement, it is a more specific method of research relating to a local unit, organization, or department where the focus is working on improving the systems and/or processes within that specific location. Finding a specific outcome is ultimately intended to improve the processes. Research on the other hand is more systemic and global. The idea is that research is intended to be generalized and used beyond the local level and on a greater scale. This is done through research development, testing, and evaluation. During my search for resources, I found quality improvement data to help me see what a local department, like mine, was doing to help solve a current issue that both our departments shared. Research data I found to be more plentiful and has given me more ideas to help grow my practice and improve my department.

The differences between primary research and secondary research is that primary research is new research that is firsthand research written by authors who are involved in the study. Secondary research is the analysis of previously researched information. Primary research is where new data is collected using surveys, interviews, observations, ethnographic research. On the other hand, secondary research is a reexamination of existing research, through the summary, collation, and/or synthesis of it. An author of secondary research is simply interpreting the primary research done by another author. Important aspects of the initial primary research may be lost when another author is using pieces of it for their own research needs.

My experience of conducting research in this course is very valuable to me as I am at a stage of my career where I am no longer on orientation and have started to join different hospital committees in order to better my department and the entire hospital system wide. I now have a much better understanding of how to more effectively search for research data relating to topics

that I am searching for, but also what types of research are more important to the focus of my study. I am now better prepared to find data more efficiently and credible, so that I can present it to the groups that I am a part of.

D Applied Leadership

Applied Leadership is about relationship-building and professional collaboration among all the members of a healthcare team. Leadership focuses on education and the use of interpersonal skills to help attain maximum patient safety and satisfaction. When the staff has great leadership, the staff work better as a team and individually.

Sometimes implementing changes can be challenging for staff when it comes to learning a new task that can lead to an increased workload. In this situation, leadership not only focuses on training the staff but also on giving support and encouragement. An effective leader asks questions, receives criticism and feedback from team members, and creates a culture of trust with the team.

Communication is one of the vital parts of being an effective leader. From the first class in this course, one of the major components was to have the ability to talk in front of other classmates about experiences in life from work related to personal. There were also times when we were required to lead a small group in a discussion and then present to the entire class. This helped me with my confidence in communicating as well as teaching me how to communicate with others that have different ideals and culture different from my own.

Education is another vital part of being an effective leader. Being knowledgeable helps the team trust in you. This also brings more confidence when teaching and talking with people. The Evidence-based practice class helped me to learn how to look up information properly. This means that the information comes from a reliable source and this knowledge can be passed onto team members and patients. Having knowledge also builds up confidence when communicating with others.

As a lifelong learning nurse, I will utilize my knowledge and communication skills to collaborate with all members of my department. I will strive to become more proficient and respected nurse. Being an effective leader will help me to help make our department work together better to deliver safe and effective patient care.

E Community and Population Leadership

Community and population nursing are the assessing and improving the health status of an entire population of individuals. The responsibility of a community health nurse is to formulate an individualized plan of care based on the needs of the community they are serving. The outcomes of the people in the community can improve the overall health and well-being of this population. The color, ethnicity, religion, socioeconomic status or cultural background make no difference in the care that they receive. Each patient deals with their illness in their own specific way, whether related to their religion, culture or status.

I feel that educating the general population about proper health care is an important aspect of population health nursing. This can be accomplished with free workshops, providing printed materials for patients, informing them of free or reduced clinics that can help with their

exams and medications, and many more community-based events to supply the needed information. Patient education, whether individually during discharge and admission in the emergency department or in large groups, is a key element to improving the overall health of the population.

I have learned through the Professional Roles and Values course that this nurse must be efficient, self-motivated and flexible in order to come up with solutions that would best fit the needs of the population they are monitoring and caring for as well as be able to work with many different populations.

During the first part of my Community Health Nursing task, I was to perform a windshield survey. In this exercise I was to explore and assess from the perspective of a community health nurse all aspects of the county of where I live and work. I first started simply observing by driving around the county assessing the county physically. Noting along the way the people, the houses, building, the businesses, and other aspects. Then was the search for statistics in the community. The search for information led me to get out into the community by volunteering, touring, and interviews. This task helped me to understand that income, housing, and education play some the biggest roles in the health maintenance choices of those within the community.

Throughout my search for knowledge of my community, I learned that there are many deficiencies that LaGrange County suffers from. It was hard to choose from lack of access to health services, obesity, tobacco abuse, and substance abuse. Then I took everything that I learned from my interviews and windshield survey and came up with the lack of prevention for substance abuse.

The hospital that I work at is very rural but tries their best to help the community be stronger, but they can not solve all the problems. They are constantly trying to bring more medical technology and advances to the area to better serve the people of the community. The one thing that stood out the most was the substance abuse. It is a topic that is on the rise in the United States and, I had an aunt and uncle that passed away from a head on collision caused by a driver under the influence of marijuana. During an interview with the County Sheriff, I learned that everyone that is locked up have problems with drugs and alcohol. That was an eye opener not only because it was 100% of the prisoners but also that the prisoners were of all different races, economic backgrounds, and religions. I quickly became aware that opiate and alcohol use was a much bigger problem within my community than I even thought it was.

My initial focus was on young adults that were ages 13 to 18, but then as I started to dive further into the county, I realized that this behavior is more of a learned situation from environmental and family. The Sheriff's department and one therapy group therapy meeting were the only prevention programs that were available for this age group and I had to travel outside of the county for more resources. I then took my focus to the age of 18 to 65 years old. The numbers and information astonished me. The stories that I heard from the therapy and educational groups touched my heart. The only prevention that the adults is to get caught in my county. For the rural area that I live, there is nothing for the adults for prevention.

The American Museum of Natural History Genetics course was a very educational course that helped open my eyes to a whole new world of healthcare that I had not been very familiar with before. Genomic explains that the influence of a person's genetic history on health and disease is considered as part of general assessment information for all patients and families. This information must be put into perspective for health status as much as personal environmental

considerations of disease development and for responses to therapy. This means that nurses need to look at genetics because it plays a huge role in how we treat our patients and how they respond to treatment. Although some of these treatments and studies themselves have not always been accepted by everyone, they have provided small breakthroughs that help in everyday acute care today and will continue to do so.

F Appendix