**Professional Progress Summary Reflection**

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NURS 403: Transition to BSN Practice

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In the year 2020, I obtained my associate degree in nursing. Upon a successful passing of my NCLEX, I started working as a registered nurse. Although it was my intension to further my education, making ends meet and taking care of some personal financial needs was paramount. As I took care of the matters at hand, a decision was made to further my education. In 2023, The Journey to acquire a bachelor's degree in nursing became paramount. Understanding that it was not going to be an easy task since I am a single mother, running a home of four people, and must work at least fifty hours in a week to run a smooth household, I still decided to take up the challenge. Starting from the first semester when I took NURS 306, 401, 459, and 492 to this last semester of taking NURS 403, NURS 490W, has been a mixture of experience. In the course this program, each nursing course presented a new knowledge, new challenges, and new experiences.

 Experiences that have equipped me with diverse knowledge about peoples’ culture of health, and how I as a nurse can contribute to fostering a healthy and equitable communities. A learning experience that has improved my level of tolerance as a team player while working with other students, as a team player while working with other colleagues, and improved tolerance level as a bedside nurse for my patients and their families. As I gained knowledge about humanity academically and in practice, my perception and understanding of humans’ behaviors with regards to health, needs, and individuality has made me more alert and proactive in my daily endeavors. Through this program, it became clearing and convincing to me that nursing process as a step-by-step approach can become an important tool in assessing live in general. This experience has helped me in identifying my nursing philosophy and goal as a nurse. It has thought me perseverance, focus, optimism, patience, inquisitiveness, and a nursing knowledge that incorporates the ten-nursing domain in conjunction with the forty-three outcomes in my practice. It has also been a time of self-awareness that identifies my strength, weakness, and the need for an improvement.

**Nursing Courses Impact**

It is impossible to have gone through these programs and not be impacted by the content and concepts of all the nursing courses taken. Reflecting to the first semester, NURS 306 (theoretical foundation of nursing practice), exposed my understanding on the efforts of our nurse predecessors (Florence Nightengale, Virginia Henderson, Dorothea Orem, Betty Newman, Madeleine Leininger, Jean Watson, Faye Abdellah, Imogene King) in stabilizing the foundation of nursing and giving meaning to the standard of nursing practice. Nightingale talks bout the need theory; Henderson, need theory; Orem self-care deficit theory; King, goal attainment theory; Newman, system model theory; Leininger, culture care theory; Watson, theory of huma caring. When these theories are dissected, there meaning and purpose are directly linked to how environment, culture, perception, socioeconomic status, and many more concepts affects health in general and nursing care play a major role. The NURS 492 (Introduction to Professional development for Baccalaureate Nursing), one of the major assignments was cultural exploration in which I had the opportunity to explore Philippines culture and learned a lot from it.

 **Philosophy and Goal**

A career in nursing is something that I have grown to be proud of. My nursing philosophy is something that I take with utmost level of benevolence. I decided to go into the nursing career, acquire nursing education and maybe someday teach nursing students. On the other hand, my philosophy was to be a good nurse. The phrase “to be a good nurse” may have been lightly stated but the undertaking is highly upheld. As a professional and practicing nurse, each class that I took expanded the meaning of my nursing philosophy. I became more aware of what makes me a good nurse, and the things I should do and improve on. The definition of nursing by the International Council of Nurses (ICN) states, "nursing, as an integral part of the health care system, encompasses the promotion of health, prevention of illness, and care of the physically ill, mentally ill, and disabled people of all ages, in all health care and community settings" (ICN, para. 2). This definition became the root and cornerstone of my personal nursing philosophy because it allows me to be a good nurse beyond beside and I can be an educator to my patients, families, and other nurses. To precisely state, my teaching goal to be a nurse preceptor to new graduate nurses.

**Importance of Assessment**

During my associate degree program, the nursing process was thought, the importance of proper assessment that follows the steps in nursing process (ADPIE) was emphasized. Five steps that involve assessment, diagnosis, planning, implementation and evaluation. The nursing process became a part of my ought to do nursing practice. As I continue to learn the skills of nursing assessment and continue to build on it, then I took NURS 305 (health assessment), this class, and the virtual Simulation videos exposed me to a greater knowledge of assessment. When nursing process is incorporated into patients’ health information/data collection, identification of patients’ problem origin, planning, and implementation is made easy such as history of heart problems as a hereditary disease. My skills in assessment and collection of patient health information have tremendously improved.

**Nursing Domain & Outcomes: Domain 2:** **Person-Centered Care**

 **Domain 9: Professionalism**

**Domain 2:** **Person-Centered Care:**  6. Communicate effectively with individuals. (Domain 2). 7. Demonstrates clinical reasoning in making clinical or professional judgments. (Domains 2). 8. Applies appropriate knowledge of major health problems to guide nursing practice. (Domains 2). 9. Implements nursing care practices as appropriate to provide holistic health care to diverse populations across the lifespan. (Domains 2). 10. Demonstrates an awareness of cultural preferences and complementary modalities and their usefulness in promoting health. (Domains 2). 11. Performs therapeutic interventions that incorporate principles of quality management and proper safety techniques. (Domains 2). 12. Establishes and/or utilizes outcome measures to evaluate the effectiveness of care. (Domain 2). 13. Evaluates nursing care outcomes through the acquisition of data and the questioning of inconsistencies. (Domains 2). 14. Revises actions plans and goals based on evidence or responses to interventions. (Domains 2). **Domain 9: Professionalism:**41. Apply principles of professional nursing ethics and human rights in patient care and professional situations. (Domain 9).

The following domain of nursing practice and their outcomes are listed because they support my nursing philosophy and goal as a practicing registered nurse. For patient centered care, it focuses on the patient and the individual's particular health care needs. The goal is to empower patients to become active participants in their care. Health care provider become a patient advocate, show respect and compassion because patient-centered care is associated with a higher rate of patient satisfaction, adherence to suggested lifestyle changes and prescribed treatment, better outcomes and more cost-effective care (Raynolds 2009). While on the other hand is professionalism. The three attributes of nursing professionalism are multidimensional, dynamic, and culture oriented. Based on the analysis, nursing professionalism is defined as providing individuals care based on the principles of professionalism, caring, and altruism (Cao, 2023). The two domain of nursing practice and their outcomes represent everything nursing practice and my philosophy as a nurse is all about.

**Teamwork and Delegation.**

As a practicing nurse, teamwork is some thing that is very important to me. Though I work well with other people, patients and families, patience is another skill that I have had much improvement with. I have learned to tolerate my patients, coworker, and people in general. NURS 490W talked about delegation. I found out that I am “an insecure delegator”, I can do it faster, I can do it better, I’d rather do it myself (Sullivan, 272, 1723). These quotes above represent me. I rarely ask for help. I only trust a few patient care technicians with taking vital signs and other tasks. This is something I will have to work and improve myself on.

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