

Professional Portfolio

Institution

School of Nursing

Bachelor of Science Nursing Program

Professional mission statement

As a nurse, my mission is to provide care and work with people within the physical, emotional, spiritual and mental realms. I ~~will empower my patients, patient's families and my colleagues by giving them a collaborative environment that allows them to address their goals. My main focus is to provide quality and safe care to each patient as well as create a long-lasting relationship with them. I want to continue with my education to enhance my understanding of pathophysiology and evidence-based nursing~~ practice as I strive to practice nursing with a holistic approach. It is my goal to always care for my patients as a whole and not just the underlying issue.

Professional summary

Throughout the learning process in my BSN program at WGU, I have grown and developed into a knowledgeable and professional nurse. It has been a journey that has reinforced my competency and critical thinking skills. ~~I have attained a number of them within the possible and each of them signifies a step in this process as I accomplished my educational objectives. It is a representation of who I am as a person and it also displays my abilities as a learner. The BSN program has played a significant role in shaping me into a competent, professional nurse built on strong moral and ethical values. On the whole, the nursing~~ work has enabled me to broaden my perception on nursing, and I feel that I am well prepared to take on this chapter in my career.

This portfolio consists of all my individual strengths and accomplishments. My knowledge base has been continuously expanding as I ~~finished each course. At this point in my~~
~~working journey, my confidence lies in my ability to play an integral role in the interdisciplinary~~
~~team. The attached documents represent my program both as a~~ rising nursing professional and a
 learner. It displays my abilities and strengths and showcases my zeal to set goals and work
 towards meeting them.

As with any other course, each student taking the BSN program comes across challenges. I have had to work and study at the same time ~~which at that time took a toll on my life. However, this~~
~~challenge has played a significant role in my nursing profession because it has enabled me to~~
~~focus on learning and thereby improving my knowledge and understanding.~~ The act of studying
 every day has gone a long way in showing me that I need to keep honing my skills in order to be
 a better professional.

The curriculum that was offered during my nursing program helped me in meeting the
 program outcomes of the nursing program ~~at Western Governors University. My communication~~
~~skills have got better and now I am in a better position to give accurate and comprehensive~~
~~EMQ reports in my role within the interdisciplinary team.~~ Also, it has enabled me to enhance
 my expertise in critical thinking as well as clinical reasoning which are crucial in my nursing
 education and practice.

As a nursing student, we often have group projects which require that we work as a team to achieve a ~~mut objective. During this coursework, I have learnt how to collaborate with~~ ~~physicians, nurse aides and therapists to ensure that patients receive q~~ quality and safe care. I learnt that in the nursing profession we must collaborate to maintain patient safety and optimal health.

I maintain my ethics, legal and professional standards by staying updated with my institution's procedures and policies. I ~~have learnt the principles of providing comprehensive,~~ ~~patient-centred care at the bedside as well as using my leadership skills in the effective~~ ~~delegation of tasks. In addition, I have learnt the importance of including my colleagues in~~ ~~research studies. During the course, I have been able to create a working relationship with the~~ ~~interdisciplinary team and to promote shared communication. Furthermore, my knowledge of~~ ~~hand hygiene has widened by knowledge has on how to enhance the standards of proper~~ ~~hygiene amongst healthcare workers. In addition, I have been able to utilize my knowledge on~~ ~~emerging information technologies to accurately assess and use electronic health records while~~ ~~protecting the privacy of patient information. Finally, I have a~~ chance to utilize electronic drug guides to look up medication and use online resources to offer education and discharge packets to patients.

Over the course of my nursing program at **WCU**, I have been able to identify those **experiences** that I should represent as a working student. These include the identification of a **mentor** as a detective, scientist and as a manager of the learning environment. As a result, I strive to **act** as a patient advocate and play my role in the interdisciplinary team as we work towards patient-centered goals. I have witnessed a positive transformation in my nursing career and I feel more self-assured, skilled and generally a competent nurse.

Quality and Safety

Effective patient care is based on quality and safety. I acquired my certificate from The Institute for Healthcare Improvement (IHI) **and this has reinforced my understanding in relation to quality and risk care for patients. I was able to implement safety measures with the different patients that I have cared for during my working program. Among the courses that I have covered on patient safety include PS 101: Introduction to patient safety, PS 102: From Error to Blame, PS 103: Human Factors and Safety, PS 104: Teamwork and Communication in a culture of Safety, PS 105: Responding to Adverse Events, PS 201: Root Cause and Systems Analysis, PS 202: Building a Culture of Safety, PS 203: Pathways to Risk**, and PS 2014: Preventing Pressure Ulcers (IHI Open School Online Courses, Overview n.d). These courses and the extra training that I received during my program will help me in my practice in the clinical setting.

Some of the safety measures that I have covered during my nursing program include fall prevention and it has enabled me to provide constant ~~monitoring in the hospital to ensure the safety~~ of patients. On Maslow's Hierarchy of Needs, safety ranks as a high priority and it is important to implement safety precautions because it is a basic necessity for all patients. Work setting is that patients who experience falls especially the elderly may never recover to their former level of functionality. Therefore, I find that it is my responsibility to always evaluate potential safety hazards to get rid of any risk throughout hours. Throughout the course, I have received training that I find will help me as a nurse to practice in the clinical setting. This knowledge is vital for every nurse because it promotes safe, quality-driven patient care. With the knowledge I have acquired as well as the core values instilled during my nursing program, I am confident that I will be able to practice safe and therapeutic care throughout my nursing profession.

Evidence Based Practice

It is this phase of my nursing education that I learnt how to assess the reliability and validity of research studies. Since its initiation, nursing ~~has been based on providing~~ ~~comprehensive care to those who we have responsibility. It is important to evaluate all practices~~ based on valid scientific evidence. This course has helped me to evaluate primary research and

~~appreciate the fact that nurses come up with new and improved nursing~~ standards, since their role mainly involves being on the fore front of care provision.

I have come to understand that the most reliable evidence in nursing practice originates from meta-analyses, systematic reviews and established evidence-based practice guidelines. I have also learnt about other types of evidence that comes from randomized controlled trials which involves assigning a specific intervention to an experimental group while another group which is referred to as the control group maintains the status quo. In addition, evidence in clinical practice can also be obtained from qualitative and quantitative studies. Over the course, I have come to understand that evidence based practice involves the translation of the best information that is available into the best possible clinical practice. I am now aware that it is my responsibility to change as evidence evolves and leads to new clinical practices and to utilize my skills as a leader to encourage my colleagues to follow suit.

Applied Leadership

One of the roles over the course of the program was the participation in working as a member of an interdisciplinary team. Nurses are at the front of the team since they spend much of their time with the patient and they have extensive clinical knowledge. The use of professional collaboration makes it possible to accomplish patient care objectives and health outcomes. My

~~experience within the interdisciplinary team has allowed me to develop~~ and refine my communication skills as a nurse. Consequently, this helps to produce better health care outcomes because of the extensive information that is shared between the different specialties in the team. Nurses take the role of leaders because they have the ability to effectively communicate and be professional with the team.

I plan to use the experience and ~~knowledge gained in the interdisciplinary team by~~ ~~employing my knowledge and experience to deliver effective and safe patient care. I have learned~~ ~~values inherent during my clinical rotations and I will use them to ensure that each of my~~ ~~patients receives the best and safest care. Moreover, I plan~~ on taking these values to the interdisciplinary team to ensure effective collaboration with other health professionals.

Importance of the American Museum of Natural History (AMNH) certificate

The BSN program at WGU enrolled me for a course offered by the American Museum of Natural History. This certification broadened my ~~understanding of the cutting-edge ways that~~ ~~science are developing to prevent and treat disease. These sciences are on the frontier of~~ ~~expanding the complex human genome and are developing tailor-made interventions for specific~~ ~~individuals and ailments. It was a fascinating course and I was intrigued by the level of~~ ~~advancement that information technology can help in working practices. I learned how some of the~~ ~~information that has been acquired can be used to change the process of~~ patient treatment and

prognosis. I am confident saying that the course helped to understand how research and advancements in genetics and genomics has influenced medical practice and how it continues to affect how we practice nursing as a whole.

References

IHI Open School Online Courses. Overview. (n.d.). Retrieved from

<http://www.ihl.org/education/ihioopenschool/Courses/Pages/default.aspx>