

Professional Progress Summary Reflection

NURS 403 – Transition to BSN practice

Purpose of Assignment

This reflection aims to guide you through a self-evaluation process to discover the scope of your personal and professional development while enrolled in the RN>BSN nursing program at Old Dominion University.

Student Approach to Assignment

This assignment reflects on my growth as a nursing student at Old Dominion University. I am evaluating what I have learned throughout the program and whether I achieved the goals and competencies of the program while I was in it.

Reason for Inclusion of this Assignment in the Portfolio

My strengths in this program were applying informatics and technology, person-centered care, and quality and safety. My weaknesses were leadership, population health, and public speaking. I have grown in all of these areas with this nursing program. I plan to continue to learn and use the knowledge and skills I have gained to improve my nursing practice.

Domain 1: Knowledge for Nursing Practice

o (3): Articulates an understanding of how human behavior is affected by culture, race, religion, gender, lifestyle, and age.

In my summary, I discussed using culture-appropriate care for my patients because that can affect their care. It is essential to help patients feel that the nurse recognizes their culture, as this will affect their care and interventions. These facets significantly affect teaching interventions, and we need to be able to alter our teaching considering this.

Domain 3: Population Health

o (10): Demonstrates an awareness of cultural preferences and complementary modalities and their usefulness in promoting health.

I demonstrated this in my cultural exploration assignment. I could apply this concept to my nursing practice through research on artistic practices. Cultural preferences should be considered when caring for others to prevent misconstruing information and ensure patient comfort. This will also help establish trust with patients and ensure that they understand your teaching.

Domain 4: Scholarship for the Nursing Discipline

o (25) Applies research-based knowledge from nursing as the basis for culturally sensitive practice.

Research-based knowledge is used in Nursing 401 with the cultural exploration assignment. Research on the culture was about diabetes with Indian Americans from a discussion assignment in which we looked up the effects of diabetes on American Indian women in a particular area. They were not understood by their doctors in the area and did not get the help they needed. Research in cultures and races can help you better understand certain diseases that may affect different populations and help you prepare teaching to include their lifestyle.

Domain 10: Personal, Professional, and Leadership Development

o (33): *Explores personal philosophy of nursing and educational goals at the beginning and end of the program.*

My philosophy and goals at the beginning of the program mostly stayed the same at the end. However, I stated that I have learned more in different areas and want to continue to use the skills I have learned. Continued learning is part of nursing practice, and I will always seek more knowledge in my field. Care, compassion, and advocacy will always be part of my philosophy.

Domain 4: Scholarship for the Nursing Discipline; Domain 7: Systems-Based Practice

o (37): *Considers the impact of research outcomes and health and social policies' effects on persons from diverse backgrounds.*

This competency is also covered in the culture exploration project. Research on cultural practices can help you understand how to treat and diagnose specific populations of people, just as the nurses and doctors in that assignment would be able to better help the American Indian women with knowledge of their tribal practices.