

## **Professional Progress Summary Reflection**

Michelle Shufelt

School of Nursing, Old Dominion University

NURS 403: Transition to BSN Practice

Luis Becerra, MSN, RN

November 24, 2024

## **Introduction**

I pursued my bachelor's degree in nursing (BSN) to further my career and fulfill the requirements of my employer. My employer hired me with an agreement that I would obtain my BSN within two years. However, having my bachelor's degree in nursing will also help me in the future with other jobs or pursuits later. Throughout the Old Dominion University (ODU) program, I have learned much about ethics, policies, leadership development, teaching, and more. After obtaining my BSN, I will also have the chance to learn more through obtaining a master's or specializing in something else later. I am unsure where I want to go in my nursing career; however, with my degree out of the way, I can figure that out now and find my calling.

### **Analysis of Program Outcomes**

#### **Domain 1: Knowledge for Nursing Practice**

I feel this competency was obtained in my work with every class. I achieved and gained more nursing knowledge to add to my practice from every class. Specifically, though, I have learned from the research in my evidence-based practice assignment how to find the most current sources and apply interventions. There was also the annotated bibliography in Nursing 412, in which I learned how to analyze an article and gain knowledge on ethics in nursing. I already was powerful in research as I have been in school for a long time; I think I have much strength coming into this program. I could work on continuing to pursue continued learning and apply it to my practice.

#### **Domain 2: Person-centered Care**

My paper on the Philosophy of nursing talks about advocating for my patients. A specific example I can think of was when I completed a project on ethics about a patient considering going to hospice. I created an ethical concept map, a literal map of what people are involved in,

what interventions are in question, and ultimately, how to decide what action to take. Another example of patient-centered care was the culture exploration assignment in Nursing 401, where we explored culture-based care. We must remember people's beliefs and cultural values when caring for them. I think that I had some growth in learning about cultures and ethics. However, I am weak in these areas and need more experience and learning.

### **Domain 3: Population Health**

The competency was accomplished throughout the nursing program and my practice as a nurse. I learned more about this competency in the community health class. I volunteered and developed a campaign to advocate for food banks to distribute healthy foods to people experiencing poverty. Obesity is on the rise in this whole country, and the way we begin to help with this problem is access to more nutritious foods, especially for low-income individuals and families. There was also a paper I wrote for Nursing 402 on the needs assessment to make a teaching plan in which I chose to teach heart failure since it is something that I do at work all the time. I learned to prepare a teaching plan for my patients and my coworkers. I do not have much experience in community health, and this was a good learning experience for me to apply myself in a way I had not before. Also, I wouldn't say I like presentations, so I grew in that area. However, I could continue to grow there.

### **Domain 4: Scholarship for the Nursing Profession**

My greatest strength in nursing school is research. However, being able to present to my colleagues is my greatest weakness. I achieved this competency in my presentation to my colleagues as the nurse educator by applying research for ergonomics that we need to put in place on the unit to help prevent back injuries in healthcare workers. A lot of research was involved and presented to them in the unit. Also, I applied research to provide culturally sensitive

nursing care in my cultural exploration assignment in Nursing 401. Research adds knowledge to our nursing practice and helps us learn the current practice for evidence-based practice. I gained sufficient experience throughout this program with research and will continue to learn and apply it to my practice.

### **Domain 5: Quality and Safety**

We had a discussion board on quality and safety concerns in one of our classes. I wrote about my unit's increased falls and the new processes we implemented to prevent falls. This expanded my knowledge of what practices are practical and all the factors that can cause falls. In my paper on reducing medication errors, I also discussed the safety measures in place to prevent mistakes and the human errors we have. In that discussion, a mnemonic was used for IV medications to avoid forgetting to give the medicines after hanging them. Safety is the number one concern I have for patients, and by expanding my knowledge of quality and safety standards, I am helping my practice. Through this program, I learned more and will continue to improve my practice to keep patients safe.

### **Domain 6: Interprofessional Partnerships**

Every day, I work with physical therapists in my unit. I had a teaching project on ergonomics to prevent injuries in healthcare workers. I included one of the unit's physical therapists to help teach my colleagues proper transfer mechanics. I also accomplished this through the congressman letter in which we sent a letter to advocate for a policy on safe staffing levels in hospitals to be passed as a bill. I have interprofessional partnerships daily, but working with the physical therapist on an education project was different. I believe that this was a great opportunity, as well as the congressman's letter, to reach out and affect policies. Policies to change nursing practice is something I could use more growth in.

**Domain 7: Systems-Based Practice**

Our health policy brief letter to our local congressman addresses hospital policies that affect nurse and patient safety. We researched information on safe staffing levels and the benefits and risks to the hospital to present to the congressman, hoping to support a Bill to force hospitals to have a policy to prevent nurse understaffing. The effect of this on hospitals would be significant for nurses and patients and reduce costs. In my therapeutic nursing intervention, reducing the rate of delirium can also minimize impact costs to hospitals. I would say I am not very familiar with health policy and cost systems for hospitals, but I had some growth with this program. I could grow in this area if I want to go into policies and administration with nursing.

**Domain 8: Informatics and Healthcare**

This is fulfilled through many of the classes in this program because we use technology in research. In our benchmark assignment, we were tasked with comparing outcomes for three different hospitals to develop improvements. The PEMAT project also expanded my informatics skills by evaluating two popular websites, Mayo Clinic and Healthline. These assignments expanded my skills and research abilities to enhance my nursing knowledge and apply evidence-based practice to my teachings and interventions.

**Domain 9: Professionalism**

Many classes require us to present information to fellow students or colleagues. We had many presentations throughout the program. I also believe that we have to maintain professionalism in our group projects. Just like in a career environment, you should treat group team members equally. I created a PowerPoint presentation of what I thought the image of a professional nurse was. Professionals take responsibility and accountability for their actions. I was also required to write a paper on developing my educational and professional goals. My

goals at the beginning of the program are not the same as they are now; however, there are some similarities.

### **Domain 10: Personal, Professional, and Leadership Development**

The assignment that I remember most involving professionalism and leadership is the Nursing Leader Interview paper. This paper can also be applied to other outcomes, but this is where I feel I gained the most in professionalism. I used my nursing mentor on my unit to interview because she resembles the type of leader that I would want to be. The nursing leadership class, in general, helped broaden my nursing leadership knowledge. The business case analysis assignment also required me to analyze a problem in leadership, in which I reviewed Monarch General Hospital to explore and devise a plan to help with staffing shortages for specific shifts. Leadership is a weakness of mine because I prefer not to take on significant responsibilities. However, I gained a lot of information on how to be a good leader from this class should I need to or decide to become a leader someday.

### **Appraisal and Summary**

This program taught me more about leadership, presentation skills, teaching, researching, ethics, nursing policies, and more. I hoped to achieve my Bachelor's in Nursing, and I am leaving with more knowledge and skills that I did not think I needed. I have grown in many aspects of my practice and have been able to apply the skills learned in my actual life. I still have more to learn regarding cultural elements, policies, ethics, and leadership. I believe that I have completed my nursing degree with more knowledge to make me a better nurse than I was before.

I know that I have strengths in research skills, advocacy, and applying evidence-based practice. My weaknesses are in teaching, leadership, and presenting information to others, and I think I have room to grow in these areas. I hope to continue learning, as that is part of my

philosophy and still my philosophy today. I also want to ensure I continue to care for my patients, advocate for them, and do my best.

I am still not sure where to go from here. I just had a huge life change in becoming a mom for the first time this semester, and it has been a challenge. I hope to care for my baby and, after maternity leave, figure out if I want to continue working in my current position or move on. It has been a challenging time juggling school, work, and home with the new changes. However, I have gotten this far by being resilient and overcoming difficulties, and I know I can get through more problems.

### **Conclusion**

Throughout my RN to BSN journey, I have acquired many nursing skills and fine-tuned others. Still, there are some skills I need to continue to work on. I will always continue to learn, care, and advocate for my patients. I will continue to be resilient and gain new skills throughout my nursing career. Now, I can do more with my BSN and impact lives for the better. I learned many things throughout this program and will be able to apply those skills to my future as a nurse in whatever I decide to do.

Honor Code:

Old Dominion University Honor Code: I pledge to support the Honor System of Old Dominion University. I will refrain from any form of academic dishonesty or deception, such as cheating or plagiarism. I am aware that as a member of the academic community it is my responsibility to turn in all suspected violations of the Honor Code. I will report to a hearing if summoned.

- *Michelle C Shufelt*