

Professional Progress Summary Paper

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NURS 481: Role Transition

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Throughout my nursing school journey, I have identified areas for improvement and participated in various clinical experiences. Nursing school is an experience that taught me the importance of finding my “why” and being able to demonstrate that in providing care. There have been many challenges faced; however, the lessons learned will strengthen my nursing practice. In my professional summary paper, I will identify my learning needs and areas for improvement, including self-reflection and clinical application, resilience, and work-life balance, as well as outline my future professional goals in nursing. I will also use this paper as an opportunity to demonstrate end-of-program learning outcomes that were not specified in the assignments provided in my portfolio.

My clinical experiences throughout nursing school have shaped the care that I believe in providing to my patients. Fundamentals, didactics, and clinical taught me the importance of applying core principles to care for patients. From the beginning of my nursing school journey, I was taught the importance of patient safety. This is one of the basic principles of nursing. A few patient safety practices heavily encouraged during the beginning of my nursing journey were hand-hygiene, the six rights of medication administration, and infection control. As I moved on into later semesters, I demonstrated competence in patient safety by directly promoting patient safety in clinical settings through coursework and hands-on performance, advocating for change in the healthcare system/setting, and prioritizing ways to ensure an overall safe patient experience. During nursing school, I was tasked with applying knowledge from nursing literature and nursing research to guide and support my care. I did this by utilizing my textbooks to gather information and using nursing research to analyze data provided from the textbooks. This helped improve my ability to use outside resources and information to guide my nursing practice. Another skill acquired in coursework was patient-centered care. I was educated on the

importance of patient-centered care throughout my nursing school journey, and was able to demonstrate this in the clinical setting by interacting and creating problem-based care plans that were personalized to the patient. These assignments demonstrated my growth in clinical competence because they allowed me to identify factors affecting a specific patient and provide holistic care for them. As I get closer to becoming a nurse, I now possess the ability to provide patient-centered and personalized care to patients by identifying needs, establishing a therapeutic relationship by building rapport, and identifying and advocating for interventions that may be beneficial to their plan of care.

I have been provided the tools to strengthen my knowledge in nursing, and though I have learned a lot of skills, there are still some areas of improvement. One of the areas that I can improve on as I become a nurse is time management skills. During my preceptorship, I was able to take on the role of the nurse and demonstrate how I would provide care to my patients daily. I struggled with effectively managing/prioritizing tasks during the start of my preceptorship, but have improved throughout the 15 shifts completed. I plan to address this as I transition into professional practice by practicing time management skills, delegating appropriate tasks to aid in optimal patient care and workload, and practicing prioritization. During nursing school, I was taught the importance of understanding appropriate delegation and following up after. In role transition, I practice delegating tasks such as taking vital signs and blood sugars, but also following up with the UAP to continue care or perform interventions as needed. Healthcare is a team job, and I understand how important it is to delegate tasks within the scope of practice of a UAP to reduce workload and work as a team to provide optimal care. Effective collaboration between UAPs, therapists, respiratory providers, and families is key in providing optimal care. During my clinical rotations, I was able to witness different healthcare teams provide care for

patients and collaborate with them to create goals for the patient. An example would be watching occupational, physical, and speech therapy work with my patients during rehab clinicals. Each therapy would have a different set of goals for the patient to meet by the end of their encounter, and it would all be for the benefit of the patient's main goal, which was to get better. During this clinical rotation, I was able to engage in IPE activities by engaging in mobility and rehabilitation planning. I also had the chance during the role transition to communicate with the respiratory therapist to find recommendations for a trach patient I was caring for. Another area of improvement is patient advocacy and communicating with providers. As I become a new nurse, I do not have a lot of experience advocating for my patients and communicating with providers. I often second-guess myself or feel like I lack knowledge in certain areas due to my inexperience as a nurse. During my preceptorship, I was able to practice communicating with providers using SBAR and advocate for my patients. I plan to address this area of improvement as I transition into professional practice by continuing to practice communicating with providers, being able to defend my concern when advocating for my patient, and consulting with my fellow nursing co-workers to practice communicating effectively with providers.

One of the most challenging aspects in starting nursing school was my ability to establish a work-life balance. Nursing school takes discipline and dedication, and it was challenging to establish a work-life balance. One of the strategies I used to promote resilience and maintain work-life balance was dedicating days/times where I would focus on school vs other activities. During the weekdays, I would prioritize completion of work, study materials, and participate in lectures/clinicals. I would usually dedicate my Saturday to decompress and engage in activities I enjoy like cooking, spending time with my friends, and relaxing. On Sundays, I would spend time with my family, watch football, and complete any assignments that were not finished during

the week. I would normally go to work throughout the weekdays at night and early Sunday morning. It was a very difficult adjustment during my first semester, but once I established a plan that worked for me, it became much easier to maintain the balance of school, work, and other activities. Throughout nursing school, I found it extremely important to prioritize time outside of school and work to help me release stress . These strategies supported my success in the program because they allowed me to have time dedicated only to my education, but also time to engage in outside activities to allow me to perform better.

My short-term goals as a BSN-prepared nurse include engaging in leadership roles, using my knowledge and skills to provide care in underserved communities, and establishing myself as a nurse. My long-term goals include furthering my nursing education by getting a master's degree and becoming a nurse educator. I would like to become a clinical adjunct professor and eventually become a didactic professor while still practicing nursing in a healthcare setting. I would also like to go to NP school some day in the future. Overall, my goals include furthering my knowledge/education and teaching the next generation of nurses how to provide optimal patient care.

Nursing school has been a journey that I will forever appreciate. It has taught me so much about myself, and the classes, professors, patients, and clinical experiences have helped me guide the care I want to practice. As I approach graduation and become a new graduate nurse, I reflect on my competency, thinking like a nurse from the first semester. My philosophy of nursing has changed, my values have changed, and I have had clinical experiences that taught me lots of hands-on skills. I appreciate all of the challenges I faced during my nursing journey and am excited to embark on a new chapter in my nursing career.