

Professional Progress Summary

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Professional Progress Summary Reflection

As I reflect on my journey through nursing school, I can't help but think back to my first semester and then everything program and remember our inner professional education experience on main campus with students in other health care professions. We were divided into groups, with one person from each profession per group. The group case study we were given to work on was difficult for me to work through at the time. I was unsure of the roles of each of those different professions, and honestly, I was not sure what my role was in this scenario as a nurse. When I reflect on that same activity, it seems simple. I have a much better understanding of what everyone's role would be in this situation, including my own, and the proper steps for me to take are almost second nature. This early challenge highlights my participation in interprofessional education activities, fostering A collaborative approach crucial in our current healthcare settings.

Throughout my nursing education, particularly while completing my weekly nursing logs, I had the opportunity to actively engage in differentiating between descriptive nursing literature and plug list reports of nursing research. Each law required the integration of evidence-based practice articles, ensuring that my clinical decisions and reflections were grounded in research-based knowledge rather than solely on anecdotal or experiential information. This practice enhanced my clinical judgment and deepened my understanding of the empirical foundations that underpin effective nursing practices.

Strengths Learning Needs and Areas of Improvement

Throughout this journey, I have consistently demonstrated resilience and adaptability, crucial traits in the ever-evolving healthcare field. My ability to integrate evidence-based

practice into my daily clinical decision-making stands out as a significant strength. This skill was particularly honed during the completion of my weekly nursing logs, where I actively differentiated between descriptive nursing literature and rigorous nursing research, ensuring that my clinical reflections and decisions were grounded in solid empirical evidence. Additionally, my clinical rotation in the emergency department allowed me ample opportunity to practice various nursing skills. My leadership capabilities are a defining strength, primarily due to my prior experiences in the Navy. These experiences have equipped me to lead the spire teams, manage stressful situations effectively, and advocate for patient care.

While I have developed a strong foundation in many areas of nursing practice, there are still several areas I must address to continue my professional growth. One area I need to focus on is the management of complex case scenarios that require advanced critical thinking and rapid decision-making skills. Engaging in simulation exercises and seeking feedback from more experienced nurses could help me enhance these areas. Furthermore, I need to deepen my understanding of healthcare policies and their impact on patient care.

One area for improvement is my familiarity with healthcare informatics and data management systems, which are becoming increasingly crucial in optimizing patient care and operational efficiency. Enhancing these skills would improve my clinical practice and prepare me for future leadership roles involving more strategic planning and decision-making specific to the healthcare field. Additionally, expanding my expertise in patient advocacy and healthcare policy will empower me to navigate the complexities of healthcare delivery systems and ensure I can effect positive changes within the healthcare sector.

Resilience Activities

I have the fortunate opportunity of having a stressful career before nursing. While enlisted in the Navy, I quickly realized that job stress can become overwhelming if one does not engage in activities outside of work to reduce that stress. While deployed, I discovered that journaling is an activity that I find to be very cathartic and stress relieving. I find that journaling at the end of the workday has become a ritual that has allowed me to reflect on the day's events and pinpoint areas where I could improve my clinical and interpersonal skills. This practice has become a cornerstone of my resilience, enabling me to maintain clarity and focus in my nursing career and personal life. In addition to journaling, I've cultivated other hobbies that balance professional and personal life. One of my morning rituals is gardening, which offers me a peaceful retreat from the hectic nature of the clinical environment. It allows me to mentally rejuvenate and return to work with renewed energy and focus. I am also an active American Homebrewers Association (AHA) member and enjoy home-brewing beer. The creativity and precision required in brewing sometimes parallel the meticulous needs of nursing. Additionally, being active within the AHA allows me to have friends and acquaintances outside of the nursing profession and separate myself mentally from the nursing profession.

Future Goals

I've currently accepted an offer from the oncology unit at Sentara Princess Anne Hospital. My current goal is to work toward my oncology certification. At the beginning of my educational journey, my original plan was to enroll in a doctorate of nursing program at the earliest possible opportunity And work as a primary care provider. However, I have enjoyed bedside nursing much more than I anticipated. Throughout my various clinicals, I've had the opportunity to work with and ask various nurse practitioners questions. These experiences have revealed that bedside nursing better aligns with my aspirations. Currently, I have no plans to

pursue further education toward a master's or doctorate program; however, I plan to leave the door open for those opportunities. As a prior service member, I would like to leverage my new career as a nurse to help active duty service members, and veterans get the proper health care they need. One of the driving factors of me choosing nursing as a second career is that my shipboard nurse, while deployed, was the only person in 20 years who had ever taken my physical ailments seriously and listened to me as a human being. Reflecting on my career choice, I realize that my nursing philosophy has always centered on enabling patients to be active participants in their care. From the beginning of this educational journey to its near conclusion, I have aimed to build on this foundation by integrating evidence-based practice into my care and delivery, especially in a culturally sensitive context.

Conclusion

My journey through the nursing program at Old Dominion University has been transformative, equipping me with invaluable skills and insights. From mastering evidence-based practices to excelling in high-pressure leadership roles, my experiences have fortified my confidence to begin practicing as a nurse with earnest commitment. Nursing school challenged not only my mental acuity but also my adaptability and resilience, and I am proud of the growth I've achieved. As I transition from academia to my first nursing position, I recognize that my learning journey will continue. I am eager to apply my knowledge in oncology nursing, where I aim to make significant contributions to patient care. Embracing the role of a lifelong learner, I am committed to further developing my skills to enhance the quality of healthcare I deliver