My Development and Strengths as Professional Nurse

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My Professional Summary

In the healthcare sector, the nursing role does not revolve only around patient care but also around educating the populace, promoting health awareness, and protecting people from illness (American Nurses Association, n.d.-a). For these reasons, a wide range of specialized skill sets, profound knowledge, and extensive experience is mandatory. Meanwhile, my portfolio is a reflection of such diversified attributes that I have earned throughout this program. Multiple artifacts, along with completed works, demonstrate my growth and commitment as a dedicated professional nurse. However, this professional summary will elaborate on my development and strengths as a professional nurse by exploring various artefacts in my portfolio. In addition, it will throw some light on encountered challenges and how I overcame them to accelerate my professional growth.

Overview of How My Portfolio (Completed Work and Artifacts) Represent Me as a Learner and a Healthcare Professional:

It is worth mentioning that my skills and knowledge grow constantly with each course offered during the program. The course contents covered diversified domains of the nursing profession that mainly focus on contemporary trends of the healthcare industry. These domains included theoretical knowledge, extensive research, community concepts, leadership traits, healthcare policy, and therapeutic interventions. Such elements enabled me to work in the Intensive Care Unit without any difficulty. It is because of the competency and professional approach that I learned during this nursing program. The portfolio demonstrates the very skill set that I learned and used to pursue professional goals. The artefact in the form of completed “Task 1” represents me as a health professional and learner regarding leadership (American Nurses Association, n.d.-b). This experience provided me with an opportunity to investigate issues and propose solutions by using my leadership skills.

Moreover, I gained knowledge of how to diagnose problems, chalk out solutions, and enhance my abilities to be a better professional. Further, the “Intrapersonal Leadership and Professional Growth” section glorifies my commitment to professional development by applying various leadership skills. In

addition, another artefact in the portfolio exhibits dedication to patient safety and cost-efficient practices by ensuring good quality. For example, the “Organizational Systems and Healthcare Transformation” section elaborates on HAIs (healthcare-associated infections) for improving health outcomes. This artefact particularly depicts my critical analysis abilities to provide evidence-based solutions for complex situations (American Nurses Association, 2023). Further, the “Five-Year Professional Development Plan” represents my proactive learning attitude towards professional advancement.

Representation of My Professional Strengths through Specific Artifacts in My Portfolio:

My portfolio, which contains many artefacts, represents my professional strengths. For example, my role as an ICU (Intensive Care Unit) nurse is self-explanatory regarding my strengths. The “Evidence-Based Practice” Task 1 paper provides clear evidence of my professional strength, as I conducted extensive research on “skin-to-skin contact” in the ICU. Similarly, another aspect of professional strength is demonstrated by my work as an acute dialysis RN with adults. Meanwhile, the artefact “Introduction to Communication: Connecting with Others – D268” emphasizes nurse retention. It depicts my understanding of effective leadership to promote staff satisfaction in conjunction with the role of a nurse leader in building a positive environment. Additionally, the artifact “Healthcare Organization” shows my strength regarding decision-making and ensuring quality care.

The Challenges Encountered During My Program:

I had to confront multiple challenges during this nursing program. Other than my academic path, various personal-life challenges affected my performance as a whole. The primary challenge, in this regard, was time management. I was not able to manage my time efficiently. Various tasks like assignment preparation, coursework studies, clinical rotation, and my personal commitments to my relationships were not manageable for me. Instead of focusing on the targets, I felt depressed and stressed and had to struggle with deadlines. Sometimes I failed to complete my work in the given span of time. Another challenge was a deficiency in the development of clinical skill sets. Clinical skills are crucial for any nursing student, and I faced immense challenges in applying my theoretical learnings to patients during my clinical hours. I lost confidence in performing medical procedures and communicating with attendants.

Similarly, I faced immense academic pressure to absorb massive information relating to the healthcare field. Taking exams, attempting quizzes, and preparing assignments proved to be a very hectic routine for me. In addition, effective communication skills became a gigantic challenge for me during this program. I felt reluctant to collaborate with healthcare teams and to communicate the chances of patient improvement with family members of patients. I often felt hesitant while undergoing such situations. These challenges hindered my overall well-being during this nursing

program, which led to a work-life imbalance in my life.

Overcoming the Stated Challenges:

Although the encountered challenges during this program had a massive magnitude, I overcame them one by one with a good plan of action. For example, to overcome time management challenges, I designed a comprehensive schedule. It included time divisions for studies, sports, and personal time, with proper breaks. I prioritized each task by considering realistic goals, minimizing my stress and enhancing my overall productivity level. Similarly, to address challenges in clinical skill development, I chalked out a strategic plan. I planned to undertake additional clinical practice, sought feedback from instructors, attended skill-enhancing labs, and asked mentors for help to polish my abilities.

Meanwhile, to address academic pressure, I adopted multiple learning techniques like mind mapping, brainstorming, and group discussions, along with seeking help from professors and peers. I tried my best to clarify concepts and improved my grip on subjects. In addition, to overcome communication deficiencies, I regularly participated in role-playing exercises and communication workshops. I tried to connect with patients and healthcare team members after taking sufficient advice from instructors and seniors. These strategies and the mindful execution of plans also improved my personal well-being over the passage of time. Overcoming challenges in multiple domains enhanced my determination and also paved my way towards a compassionate profession in the healthcare industry.

Professional Growth since the Beginning of the Program:

I have experienced marvellous professional developments in clinical skills and my personal capacity since the beginning of this program. The nursing course, spanning numerous learning outcomes, multiple challenges, and various opportunities, polished my professional skills. In this regard, I have experienced professional growth in several areas. For example, the main professional growth lies in improved clinical competence. As a nursing student in the beginning, I had only basic professional skills and knowledge. During my first rotation, I was very nervous, but gradually, I improved my clinical skills with more confidence to provide safe and efficient care. Similarly, another area of professional growth is enhanced decision-making power and improved critical thinking. In the beginning, I solely relied on bookish knowledge, but over time, I learned to think critically and decide wisely about patient care. For example, in a complex asthma case, I gathered information, analyzed data, and made a rational decision to manage the patient with immense care.

Moreover, another professional growth area is effective teamwork skills in conjunction with augmented communication skills. I have learned to hear the patient attentively, communicate with empathy, and interact with patients' family members efficiently from situation to situation. In addition, I deeply understood the ethical, moral, and legal responsibilities of the nursing profession

during the nursing program. Some of these learned attributes may include patient privacy, advocating patients' rights, and maintaining professional limits (American Nurses Association, n.d.-b).

Hence, this nursing program has transformed me from a raw material to a passionate professional nurse whose abilities and capacities are polished to serve humanity above the board.

References

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