Professional Nursing Portfolio and Career Development

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A. 1. Professional Mission Statement

I am committed to emerging as a world-class registered nurse after completing my education so that I can serve humanity. I would devote my knowledge, abilities, and skills to mitigating the suffering of patients through the practical application of international best practices. I would consistently improve my professional acumen to keep myself abreast with the latest developments in this fast-changing field and to serve humanity in a better manner. I would improve my soft and hard skills to be a cooperative team member who inspires others for a noble cause.

a. “Reflect on how your professional mission statement will help guide you throughout your nursing career.”

The professional mission statement listed in A.1 would help me in multiple ways. It would always serve me as a beacon of light that calcifies the direction. Moreover, it would provide me energy to achieve my career goals. The profession of nursing is not easy as discussed in the class and mentioned in the study text; therefore, when I would face challenges, I would draw strength from this mission statement. The statement would provide me the courage to serve the humanity in wake of tough times and professional challenges. As a nurse, I would prioritize the safety and well-being of my patients as the number one thing in a healthcare career. Besides, the statement would motivate me to improve my soft and hard skills to be a supportive team member, which is necessary to work in groups. I think each member of the healthcare team should collaborate to maintain a safe environment and practice for patients to provide the best quality of care.

2. A Professional Summary

a. “Explain how the specific artifacts or completed work or both in your portfolio represent you as a

learner and a healthcare professional.”

I am indeed thankful to the faculty and staff of Western Governors University, which has provided me with enough opportunities to gain the necessary knowledge and skills to emerge as a professional nurse, as per my mission statement discussed in the previous section. The role of a learner is very critical to gaining knowledge and skills; therefore, I always try to complete the assigned tasks during various courses. The COVID-19 pandemic changed the study environment; however, it helped me to focus more on my studies because the instructors stressed the importance of nursing as well-wishers of humanity. With the help of a portfolio, I learned academic knowledge as I searched for various topics assigned by the university. Specifically, I learned a lot about evidence-based nursing practices. The importance of this topic is clear from its placement in Figure 1. I think this learning would help me get a professional edge over other students. Apart from this, as a learner, I sought help from teachers, which helped me accelerate my knowledge acquisition. As a learner, the portfolio helped me to refine my communication skills which are indeed important for professional nurses because they have to understand the messages delivered by the patients. With the help of completed work, I learned academic knowledge as I searched for various topics assigned by the university. Specifically, I learned a lot about evidence-based nursing practices, which play an important role in the recovery of patients. The benefits of my portfolio and course are wide-ranging for my academic development.

Apart from this, the completed work helped me in learning certain skills that would be helpful to me as a healthcare professional. As referred in Figure 1, I learned how the nurse plays the role of a detective. I have been able to improve my interpersonal skills which would help me in mitigating the suffering of patients. I have learned the importance of professional, legal, and ethical considerations. Some senior colleagues have told me that it is critical to give due importance to the professional, legal, and ethical dimensions of day-to-day work as a registered nurse. Similarly, after the successful completion of many online and offline activities, my abilities as a cooperative team manager have improved. I am indeed happy that I have gained certain skills to be successful in my practical life.

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Conceptual Framework

There are 10 unifying themes that have guided the development of the nursing programs at Western Governors University. These themes are depicted visually in the conceptual model below.

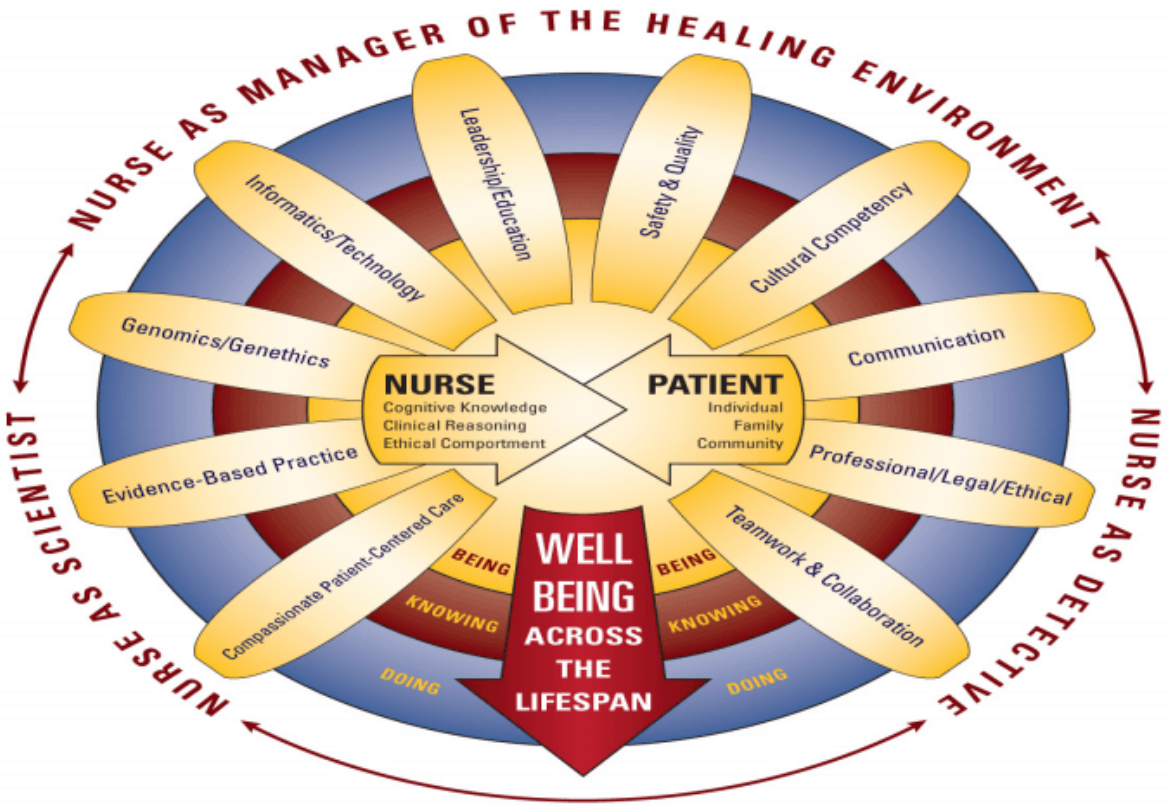

Figure 1-Conceptual Framework of Nursing Programs (Conceptual Framework of Nursing Programs at Western Governors University) (Western Governors University, n.d.)

b. The Specific Artifacts and Professional Strengths.

My first professional strength is my technical knowledge. Over the years, I have learned a plethora of things about nursing. I have spent many hours in laboratories and computer rooms to gain knowledge and remove my deficiencies. I really like my command of knowledge of ways to handle suffering from various ailments.

My second professional strength is leadership. Leadership is critical in nursing as it is a tough profession. In emergencies and pandemics like COVID-19, the need to inspire others, which is an essential element of leadership, increases. Since my early college days, I have consciously focused on my leadership skills so that I might become a productive and leading member of my nursing team. The studies have helped me in refining my skills in this critical area.

c. Challenges Encountered During the Study Program.

The tenure of studies was filled with challenges of multiple kinds. In the early days, I used to become depressed as some technical terms were hard to remember; however, with practice and the help of a teacher, I overcame this issue. At the start, I was not organized, which was indeed disturbing for me. As time passed and I worked hard to achieve my study objectives, I pinned down the schedule and followed it with few exceptions. In the initial classes, I was a little hesitant to make friends; however, with time, I became friends with many class fellows. The progression helped me gain knowledge and improve my soft skills.

i. The Means to Overcome These Challenges.

I used my cell phone to organize myself according to a preset schedule fed in an application. I found this way very useful. As I was shy in the early days so I searched the net and worked my way to become confident. The teachers helped me in overcoming in my study problems.

d. “Explain how your coursework helped you meet each of the nine nursing program outcomes.”

1. In the nursing profession, it is critical to communicate effectively with patients and other stakeholders. The “WGU Bachelor’s Degree in Nursing Program” has helped me in oral, written, interpersonal, and electronic communication modes in multiple ways. The lectures have helped me in advancing my listening skills. It is necessary for nurses to be good listeners. Similarly, the class discussions and presentations have helped my oral skills. The written assignment has improved my writing and research skills as well as my electronic communication skills.

2. The education has also improved my clinical reasoning through case studies included in the syllabus. Now I am able to offer nonviolent and superior nursing care founded on the best accessible indication and ethical values. With the help of relevant case studies, the teachers have prepared me to devise suitable tactics and approaches to provide and appraise evidence-based practice.

3. WGU gives utmost importance to accountability in light of ethical, professional, and legal standards. The teachers have taught relevant standards in detail and explained them with the help of examples and case studies. Moreover, the assigned readings have reinforced my takeaway from lectures. As per my understanding of the subject matter, registered nurses have to assume responsibility and face answerability for offering and certifying safe, efficient, and quality care congruent with all relevant standards.

4. WGU wants to create empirical, theoretical, and clinical awareness from the scientific, community of nursing, and humanistic disciplines while practicing nursing. Here the class lectures, assigned

readings, and home assignments have assisted me to synthesize empirical and theoretical knowledge drawn from the sciences and arts to perform my duties as a pain reducer and nurse.

5. The class lectures (both online and offline), assigned readings, and home assignments have assisted me in offering patient-centered care, and compassion to the patients, their relatives, and

Societies from numerous cultures. Moreover, the diversity in class has helped me to accept the views of people from various cultures.

6. WGU wants to equip its students with leadership skills so that they might inspire their team members and excel in their careers. The teachers in the university are role models for students to learn leadership skills. The class lectures, assigned readings, and home assignments have helped me to refine my leadership skills. I have worked hard to get education and information on this critical topic as I am committed to inspiring others so that patients might get the benefits of my nursing abilities. I am sure that I would be able to create a healing environment for patients.

7. Through class lectures at the university, I have become aware of the importance of inter-professional collaboration to improve the quality of nursing and healthcare services. As discussed in the previous points I have gained leadership skills to inspire others and better collaborate with interdepartmental teams. There have been a few case studies that emphasized the importance of inter-professional collaboration to improve the quality of services.

8. The teachers at the university have shed light on the importance of incorporating of knowledge of genomics and genetics in nursing. I have used the internet to gain further knowledge on this important topic and found that genomics and genetics have opened new avenues for the health and well-being of patients. In this way, their families and communities might also reap the benefits in terms of reduced cost and duration of treatment. The resources saved in this way might be utilized to improve the health care services in underprivileged areas.

9. WGU wants to equip its students with advanced IT skills so that they might use information technology to communicate faster in the modern nursing environment. In this way, registered nurses can alleviate the errors and make faster judgments that are linked to the delivery of Patient Care. I have been able to refine my IT skills through the practical use of computers and other gadgets at the university. Moreover, IT-based assignments have also played their role in this regard. I am sure that after the completion of my degree, I would be able to use IT-based nursing knowledge for patient care in a better way.

e. Three Roles during My Study Program:

Scientist

I fulfilled this role when I used the internet and the library to study scientific journals.

1. ### Detective

I fulfilled this role when I inquired about the health of my patients. Moreover, I placed this role when I completed a few assignments related to the relevant topics.

1. Manager of the Healing Environment

I fulfilled this role when I helped my classmates in their studies.

f. My Professional Growth

I have felt considerable improvement in my personal and professional skills since the beginning of the course. I had negligible knowledge about nursing and its terminology in the beginning; however, with the help of teachers, I gained command over the subject. Similarly, I gained the confidence to meet new people and make them friends. I think a friendly attitude would help me emerge as a good nurse.

B. Quality and Safety

1. Reflection on my Professional Definition of Quality and Safety

To me, quality refers to the usage of all available resources to improve the condition of the patient. Safety refers to ensuring that the patient is kept as safe as possible during the treatment. As a nurse, I would prioritize the safety of our patients as the number one thing in healthcare. I think each member of the healthcare team should maintain a safe environment and practice for our patients to provide the best quality of care. When I was in nursing school, we had clinical simulation once a week. We were able to practice our skills safely in the simulation lab before we had actual contact with real patients. Based on the knowledge and lessons I have learned from the simulation lab and lectures, I comfortably and safely provided proper care to my patients without fear or mistakes. As a bedside nurse, I learn every day and try to improve my clinical skills and critical thinking to provide a better quality of care to my patients.

1.

a. Discuss how the program assisted you in developing your professional definition.

The program helped me understand the importance of quality and safety in nursing. Various case studies and lectures stressed the need to provide quality care to patients in a safe environment. Moreover, the study of standards reinforced both concepts.

b. Identify the artifacts in your portfolio that support your definition.

To improve the condition of patients.

The patient is kept as safe as possible during the treatment.

i. Explain how these artifacts support your definition from part B1.

To me, quality refers to improving the condition of patients. It supports the definition in B1 because mitigating the suffering of patients is the basic duty of nurses.

To me, safety refers to keeping the patient as safe as possible during the treatment. It supports the definition in B1 because a patient might be more prone to certain dangers as compared to healthy persons.

2. Institute for Healthcare Improvement (IHI)

The “Institute for Healthcare Improvement (IHI)” certificate is critical for success in my nursing career. It would help me in getting a good job. Moreover, it might help me in salary negotiation.

C. Evidence-Based Practice

1. Reflection on Evidence-Based Practice

“Evidence-Based Practice in Nursing” means to me the clinical guidelines for nurses to provide care safely and efficiently to each patient. I believe that utilizing evidence-based practice helps us to provide the best quality of care to our patients. Since I work at the acute-care hospital, we have multiple patients who are seriously ill. Most of the patients we get are elderly with limited mobility. By

following evidence-based practice guidelines, we can reduce and prevent hospital-acquired pressure ulcers. Turning the patient every 2 hours, performing the skin assessments regularly, and providing good hygiene as necessary are examples of EBP to prevent hospital-acquired pressure ulcers. I remember that we had 89 years 89-year-old patient with dementia who was very fragile. When I was doing my full assessment, I noticed that she had redness in her coccyx area. By turning her every 2 hours and providing proper skincare, we were able to prevent her from having pressure ulcers before discharge.

a. Discuss how the program assisted you in developing your professional definition.

The program assisted me in understanding the importance of evidence-based practice in nursing. Various lectures and case studies stressed the need for “Evidence-Based Practice.” Moreover, the study of standards reinforced both concepts.

b. Identify the artifacts in your portfolio that support your definition.

Utilizing “Evidence-Based Practice” helps us to provide the best quality of care to our patients.

i. Explain how these artifacts support your definition from part C1.

To me, evidence-based practice helps to improve the condition of patients. It supports the definition in C1 because mitigating the suffering of patients is the basic duty of nurses.

2. Reflection on Evidence-Based Practice and Applied Nursing Research

a. In the classroom, I have learned about current primary research in a considerable manner. The relevancy of data refers to how much data is relevant to the matter under review. The believability of data refers to the reliability of data. Quality improvement might happen without research. However, the research might significantly improve the quality. Primary research refers to original research; the secondary research refers to research already conducted by other parties. Primary data refers to the data collected directly from sources, the secondary data refers to the usage of data collected by some other party.

b. Excellence in Evidence-Based Practice

I am striving to achieve excellence in evidence-based practice. During the course, teachers stressed its need. I improved my knowledge through various case studies.

D. Applied Leadership

1. Reflection on Applied Leadership

Leadership in nursing means to me having the interpersonal skills to help others achieve their highest potential and inspire others to work together to provide quality care. In my opinion, being a leader in nursing can be difficult and challenging. I would say a leader should be able to handle the highest amount of stress, be very passionate about his/her job, and have effective communication skills. Listening to team members and supporting the staff are also essential to leadership in nursing. Since I am a registered nurse, I have to supervise LPNs and nursing assistants in providing care to patients. I have learned that understanding the individual working styles and energy dynamics of my team players helps me a lot to become a better leader. I believe that applying this knowledge and skills in the workplace can reduce unnecessary conflict and improve our performance.

a. Discuss how the program assisted you in developing your professional definition.

The program helped me understand applied leadership in nursing. Various case studies and lectures stressed the need to apply to nurses. Moreover, the study of standards reinforced the concept.

b. Identify the artifacts in your portfolio that support your definition.

To inspire other team members.

The leadership helps in improving the condition of patients during the treatment.

i. Explain how these artifacts support the definition

from part D1.

To me applied leadership helps to improve the condition of patients. It supports the definition in D1 because mitigating the suffering of patients is the basic duty of nurses.

2. Learning Leadership Experience

a. The nursing profession has developed over the years. Now the importance of professional collaboration amongst various experts has increased. I learned this through group studies and projects.

E. Community and Population Health

1. Reflection on Community and Population Health

I would define community and population health in nursing as providing health care and offering public health education to the community. Nurses are not only caregivers but also advocates and educators of patients. I always try to educate my patients and families regarding preventative health screening and procedures such as colon cancer screening, getting mammograms, etc. Before I worked at the hospital, I worked at the community health clinic. I have volunteered at the health fair by educating patients and families about high blood pressure and how it can be managed and prevented. Most people who came to the fair were nearly the age of 40s and above. Our main topic was hypertension. After the discussion and explanation, I believe that they gained valuable knowledge about high blood pressure. That was one of the great experiences of being an educator as well as a nurse.

a. Discuss how the program assisted you in developing your professional definition.

The class lectures and assignments helped me understand definitions.

b. Identify the artifacts in your portfolio that support your definition.

Providing health care and offering public health education to the community.

i. Explain how these artifacts support the definition from part E1.

Providing health care and offering public health education to the community is a vital part of nursing.

2. Community and Population Health

a. Community Health Nursing

I learned that community nursing is vital for the well-being of society. I gained valuable information about high blood pressure. The course emphasized the need for collaborative efforts to achieve community health goals.

b. Community Diagnosis

Nurses are not only caregivers but also advocates and educators of patients. They reduce the pain of people and try to educate patients and their families regarding preventative health screening and procedures such as colon cancer screening, getting mammograms, etc. The benefits of community diagnosis are wide-ranging.

c. Initial Focus and Diagnosis

At the start of the course, I was not focusing on community nursing. However, with time, my interest developed in community nursing and diagnosis. I have seen that community nursing mitigates the sufferings of people. The positive results induced me to improve my skills.

3. American Museum of Natural History (AMNH)

The certificate of the American Museum of Natural History (AMNH) is widely recognized throughout the nation. It would help me in gaining an edge over my competitors. Potential employers might consider me a keen learner.

References

Conceptual Framework of Nursing Programs at Western Governors University, Western Governors University