**MY FINAL ASSESSMENT FOR MARCH 23, 2023**

**Location of placement\***

 7 West Medical/ Surgical floor- Windsor Regional Hospital, Ouellette Campus

**Total clinical hours\***

 42 hours

**Summary of progress (Discuss concepts identified in the course, learning plan progress, skills)**

From my midterm assessment, I have gained a better understanding of Cerner and I am able to navigate easily to find my patient’s information. I have also improved the quality of my assessments and reduced the time spent doing the assessments because I have had more opportunities to assess different patients. Additionally, I got to learn new skills like inserting a nasal canula into a patient and adjusting the amount of oxygen given to the patient. Furthermore, I have strengthened my therapeutic communication skills by using my physical assessment times as an opportunity to connect with my patients. For this reason, I feel more confident around my patients and my patients feel more satisfied around me.

By saving time from my assessments, I was able to explore the hospital and determine where different resources are such as briefs, water stations, special garbage cans, new gowns and etc. This helped me get a better understanding of the hospital system and how resources are allocated. This also allowed me to quickly find resources that my patients need or my peers need help finding.

I have learned to differentiate between abnormal and normal assessment findings. For example, I was able to recognize wheezes and crackles as abnormal findings in two of COPD patients.

In addition, I have developed care plans for my patients and used the SMART goal format to create short-term and long-term care goals for my patients. By doing this, I gained a better understanding of what mindset and thought process I should have when assessing my patients and this helped me attain more quality information from my patient interactions.

Furthermore, I experienced the importance of collaboration among the healthcare team. I discovered how beneficial collaboration can be for patients. For example, a nurse and I were able to work together to address the hygiene needs of a patient and help the patient feel more comfortable.

I have been able to identify ways to reduce near misses, such as performing thorough comfort rounds, and using the SBAR technique when presenting patient information. In depth comfort rounds, allowed me to gather maximum data about my patient including their likes and dislikes. This enriched the care I provide to my patients. Communicating information using the SBAR technique organized and clarified my assessment findings, which prevented possible misunderstandings between me and my patients’ nurses.

Moreover, I was able to demonstrate leadership when working with my peers. For example, I offered help to my peers by teaching them how to do certain tasks that they were unsure of such as brief changing and navigating through Cerner. I also continuously let my peers and my patients’ nurse know that I am here for them if they would like me to assist with any tasks.

Through out my clinical experience, I have tried my best to achieve the goals I set in my learning plan. I have been able to progress in my learning plan by achieving one of my learning goals (regarding nonverbal communication). I have partially met my second learning goal (regarding simple dressing change). I identified factors that prevented me from accomplishing my second learning goal and I will plan ways to reduce those barriers in the future. I would like to continue working on my second learning goal during my clinical consolidation in the summer.

**Strengths (Things you did well consistently):**

Inmy opinion therapeutic communication, professionalism and collaboration have been my strengths thus far in clinical.

I believe therapeutic communication is my strength because I pay attention to details about my patient and what makes them happy or sad including their interests. This way, my patients feel like they are important and understand that I care about what is important for them. Having this understanding allows me to build a trusting relationship with my patients. I also use non-verbal cues from my patient to connect with them and better understand their personality because I believe non-verbal signs reveal more about a patient’s feelings.

I have consistently demonstrated professionalism by listening to my clinical instructor’s instructions, adhering to my scope of practice as a student nurse, asking questions when I need clarification and by doing my best at every task I am assigned to do. I have also reflected on my learnings and assessments multiple times during my clinical shifts to ensure that I am learning from my mistakes and improving the care I provide in every shift.

I believe collaboration is my strength because I have a caring personality. I am always willing to work with others. I worked with my peers to brainstorm ideas for solving problems related to our patients. For example, I collaborated with my patients’ nurses by helping them in their tasks, updating them about their patients’ conditions and by bouncing ideas of off them regarding why the patient is experiencing a certain problem. In addition, I also collaborated with my peers by dividing tasks and resources to address patients’ priority needs, and by working with them to overcome challenges related to patients.

**Areas for Improvement/Growth (Things you need to work on): Must be addressed in your learning plan for the next clinical experience**

My previous areas for growth were my non-verbal communication skills and my simple dressing change skills. Thus far, I have made improvements in both areas which greatly enhanced my practice.

In the future, I can make more progress in educating myself about different diseases and prepare myself to provide health teaching to patients on various important topics. This way, I am well educated about the topic when I teach my patients. This way, I will also be able to provide my patients with the most current and reliable information.

I can also improve at learning about common medications that are given to patients and about the pharmacokinetics, uses, and adverse reactions related to those medications. Thus, when I am giving medications to my patients, I can effectively fulfill my patients’ rights when they ask me about their medications.

**INSTRUCTOR’S MIDTERM ASSESSMENT FOR FEBRUARY 16, 2023**

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| Researches and provides care on one patient personal care including peri-care, linen changes, mobilization, and feeding. Performs head to assessment including neurological, cardiac, skin, respiratory, abdominal and safety. Incorporates best practice evaluation tools, such as the Braden score, into personal practice. Able to safely transfer patients using proper body mechanics and continues to focus on implement the patient safety bundle including proper use of side rail, lowering the bed to the lowest position and ensuring patients have call bells in reach. Able to explain the rationale for comfort rounds and the fall bundle, and actively incorporates them into her practice. Consistently charts vital signs and comfort rounds and has minimal errors when documenting the assessment Submit assignments in a timely manner. Receives constructive criticism in an open manner and actively uses identified areas to guide self improvement. Always arrives prepared to learn and participate in clinical. Completed learning plan goals to the best of her abilities given the skills and opportunities available in clinical. |
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| Strengths (Things you did well consistently): |
| -Arrives prepared and ready for clinical-Always willing to help others, whether fellow students or staff-Displays empathy when interacting with patient and uses appropriate therapeutic techniques- Consistently participates in post conference with meaningful self reflection- Reflects upon constructive criticism and alters practice accordingly- Written assignments well done and uses appropriate language and APA style |
| Areas for Improvement/Growth (Things you need to work on): Must be addressed in your learning plan for the next clinical experience |

**Summary of progress (Discuss concepts identified in the course, learning plan progress, skills)**

-Continue to improve you confidence when speaking with staff by actively seeking out opportunities to engage senior nurses. They may be able offer insight to your practice and ways to improve based upon their personal experiences if asked.
-Continue to increase confidence when assessing patients and in your assessment skills both in outside of clinical. Your assessment is your assessment, and it is not wrong. An abnormal assessment or one which is different that what was previously charted is not wrong and may be identifying a change in the patient's health status. As such it is important to identify and discuss these discrepancies in order to identify if there is an evolving critical incident.
- Improve times management skills by completing a full head to toe upon first meeting patient, and do not allow others or their tasks to distract you form yours. You will shortly have two patients and will need to develop time management skills to accommodate both.
- Remember to edit assignments prior to submission as some spelling errors are noted.
- Next steps for consolidation: review the medications which you may be giving and key assessments in order to succeed in a new environment.