**MY MIDTERM ASSESSMENT FOR FEBRUARY 16, 2023**

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

Through practice, I have been able to make progress in navigating Cerner and documenting for my patients. I was also able to become efficient at using the vital signs machine and taking vitals of my patients. Spending time with my patients allowed me to better understand what my roles and responsibilities are as a student nurse, and what they will be like in the future as a registered nurse. I also got the opportunity to become more comfortable at and advance my knowledge regarding, skin and neurological assessments, safety measures, perineal care, patient transfers, repositioning patients, and pain assessments through practice. I also had the opportunity to participate in shift change reports and was able to learn how they are done.

Moreover, I have made some progress in my learning plan. For my goal of improving my non-verbal communication skills, I have researched three scholarly articles and learned about six different strategies for effective non-verbal communication so far. For my goal of learning to do basic dressing change, I have been able watch basic dressing change videos posted by the university, talk to my professors about how to become proficient at dressing change, and I researched two articles to learn about additional ways I can safely perform dressing change on my patients so far.

I also collaborated with my peers to get tasks done. For example, when me and my peer were having difficulty transferring a patient from her bed to the washroom, we worked together to safely transfer the patient. Another time, me and my peer worked together to brainstorm ideas and effectively communicate with a patient with dementia who was having trouble understanding us. I also worked with one of my peers to discuss how we can use the vital signs machine to get our tasks done faster when there was only one vital signs machine available on the floor.

Furthermore, I took initiative whenever I could to help those around me. For example, I showed initiative when I volunteered to help my instructor with a patient, and when I volunteered to help my instructor stalk the halls with personal protective equipment. I also took the initiative to help my peers with navigating Cerner or when they needed help to reposition or transfer their patients.

I also tried my best to constantly be cautious of every action I take so I can prevent the spread of pathogens. I persistently used correct safety measures, such as wearing the correct personal protective equipment (PPE) for each of my patients and changing my PPE when moving between different patients, making sure my patients' bed side-rails were always up, ensuring my patients had their call bell within reach including everything that they needed before I left, and more.

I showed accountability for my learning needs by consistently reflecting on what I can improve on, discussing my learning needs with my instructor, asking questions when I needed help or wanted to clarify something. I also used the feedback I got from my instructor to improve my work. For example, using my feedback, I communicated more confidently with my patients, and communicated any concerning findings with my instructor and I let my instructor know what my next steps are and what tasks I have completed during clinical.

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

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

This is because I have consistently used therapeutic communication by speaking in a positive and respectful manner with my patients, by understanding how they are feeling so I can provide comfort accordingly, by being empathetic by speaking words of encouragement, and by actively listening to and addressing their concerns. Doing all of this allowed me to gain my patient's trust and build a positive and non-judgemental environment.

I also constantly demonstrated professionalism by making sure I am wearing appropriate attire for my shift, by submitting my work on time, by maintaining boundaries with my patients, by always practicing within my scope of practice, by being on time to my shifts, and through staying focused on my work at all times. Moreover, I persistently wore the correct ID and uniform, and I submitted all my assignments before their deadlines. Additionally, I regularly shared my thoughts during our post-conferences, and demonstrated openness to learning from the experiences of others through discussions.

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

I can make more progress in improving my non-verbal communication skills and my basic dressing change skills, for which I have created a learning plan. In addition to working on my learning plan, I look forward to learning any new skills I learn in the future and becoming proficient in them so I can provide the best quality of care to my patients. I also look forward to step more out of my comfort zone and take on more challenges.

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

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

Performs personal care for one patient including pericare and bed baths. Accurately performs an increasing number of assessments - at present able to perform vital signs, skin assessments and basic neurological assessments. Also beginning to incorporate best practice evaluation tools, such as the braden score, into personal practice. Continues to make improvements in ability to safely transfer patients using proper body mechanics and continues to focus on implementing 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. Increasing consistency when charting vital signs and comfort rounds, however at times needs prompting to complete assessment. Iman is actively completing her learning goals, with a large emphasis on improving on your communication skills. You also consistently show excellent time management with your written work by handing in assignments early. You have engaged in self reflection and attended lab in order to enhance your communication skills.

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

-Time management regarding written assignments
- Arrive prepared and ready to engage in clinical
- Perseverance
- Your focus on non-communication skills is assisting patients in discussing fears. Next step would be to actively engage them.
- You accurately perform assessments
- Self reflection and able to reflect on constructive criticism
- Always will to assist other staff and student

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

- In order to provide holistic care, you will need to at times advocate loudly and strongly for both the patient and your needs. Continue to practice advocating for yourself and the patient by taking an active leadership role in directing care. You display strong followership skills, but as an RN you must also take on the active leadership role.
- At time you will note conflicting priorities, both within a patient assignment and within your team. Explore strategies which could assist you in speaking up for your priorities and ensuring your needs are met.
- Engage other nursing staff on the unit in order to build both communication and team work skills by asking if you are able to assist them in patient care or skills. In order to expand your knowledge, you will need to advocate for your learning and seek out the extra opportunities which may occur on the unit.
- Continue to build personal confidence when interacting with both patients and staff - this will come with practice and time, however being able to appear confident and composed can help facilitate a therapeutic relationship between you and the patient. This ability to project a positive self will also become very useful in the future should a negative event occur as it can be reassuring to patients that their care is being effectively and competently managed.