Practice Summary Paper

Nursing 403 - Career Pathways: Expanding Horizons

Purpose of Assignment

The purpose of this paper is to guide you through a process of self-reflection and self-evaluation to discover the scope of your personal and professional development while enrolled in the RN>BSN nursing program at Old Dominion University.

Student Approach to Assignment

My approach to this assignment was to summarize my journey throughout the RN-BSN program at Old Dominion University. I reflected on "The Great 8's" that act like the pillars of the ODU RN-BSN program. The Great 8's are core competencies that by the end of the program, a student must master. I feel that I have attained these great 8 core competencies during my time at Old Dominion University and now use them every day in nursing practice. In this paper I provide my practice summary and provide examples of how I have achieved each of "The Great 8's".

Reason for Inclusion of this Assignment in the Portfolio

This assignment is included in my e-portfolio because it summarizes how I have attained competency in "The Great 8's " Core Competencies. This practice summary paper is also a requirement of the program to be included in the e-portfolio.

Core Competencies

- **Communication**
  - Produces clear, accurate, and relevant writing using correct grammar, spelling and punctuation
    - By the end of my RN-BSN journey at ODU, I am better able to use APA guidelines. Grammar and punctuation enables clear communication. Proper citing and referencing of articles are not only important to prevent plagiarism but also shows professionalism as well. Throughout the RN-BSN program I have practiced APA guidelines in all of my assignments, submitted my assignments via SafeAssign so that it checked against plagiarism.

- **Teaching**
- Provides relevant and sensitive health education information and counseling to patients, and families, in a variety of situations and settings
  - By using up to date information from nursing journals and up to date databases, I can provide patients and families with education and teaching that is relevant to them. I also tailor their education to them.

- Research
  - Differentiates between descriptive nursing literature and published reports of nursing research
    - I was able to use primary research in all of my assignments to help support my argument in the papers that I wrote.

- Leadership
  - Assumes a leadership role within one’s scope of practice as a designer, manager, and coordinator of health care to meet the special needs of vulnerable populations in a variety of practice settings
    - I feel I have taken on a leadership role at the end of my RN-BSN journey. I feel as if I have the necessary traits to be a leader or mentor to others. I am easy to talk to, and very helpful. I don't like to be authoritative and therefore, I don't think a manager would be a good fit. In this leadership role, I feel that I have the ability to meet the special needs of vulnerable populations by helping them along.

- Organizes, manages, and evaluates the development of strategies to promote healthy communities
  - By explaining my Healthy People 2020 project in my Practice Summary Paper, I prove how my group and I were able to organize, manage and evaluate the development of strategies to promote the healthy community that was troubled by obesity.

- Culture
  - Considers the impact of research outcomes and, the effects of health and social policies, on persons from diverse backgrounds
    - I discuss throughout my practice summary paper how I have tailored my nursing practice to treat patients by tailoring their care to fit their diverse background needs. I do this by assessing their cultural background, religion and social history which greatly influences patients decision making skills and also their beliefs on healthcare.

- Professionalism
  - Advocates for professional standards of practice using organizational and political processes.
    - By completing the RN-BSN program, I feel a greater sense of professionalism. I advocate for professional standards of practice by
adhering to ethical standards and evidence-based practice. I also adhere to company policy and ensure it is followed through.