

BSN Reflection Document

Instructions for completing this document

During your progression in the RN-BSN program, you will use this process of completing and uploading a reflection and artifact in your ePortfolio. This activity is meant to demonstrate how you have achieved the Program Student Learning Outcomes, General Education Competencies, and AACN's Baccalaureate Essentials through all the work you do in each course.

Please review and click in the checkbox, under each of the headings: Program Student Learning Outcomes (PSLO's), General Education Competencies (GEC) and the AACN Essentials. Please follow the specific instructions under each of these headings, demonstrated through your assigned course artifact. For each artifact included in your portfolio, submit one reflection form.

Please note that not every artifact will cover all standards, so you may check one or multiple boxes under each of the three standards (PSLO's, GEC and AACN Baccalaureate Essentials). However, you are required to reflect on at least one of the boxes you check for each standard. Each course reflection contains nine questions except for NSG4150 where students will complete additional questions 10-17 on Art and Science courses; and, NSG 4850 where students answer questions 18-24 only and complete the program reflection section

Once you have completed the Reflection Document, please click on the "Submit" button. This will save your progress and bring you to the list of your Reflection Documents, where you can download a PDF to submit in the assignment dropbox.

NOTE: Each time that you click the "Next" button, your work is saved. If you are at a stopping point in the document, be sure to click on the "Next" button. When you return to the Reflection Document, select "Edit" to make changes or to pick up where you left off.

Course Code: 2021-08-NSG-4850-06054

1. Review your assigned course artifact and check at least one of the following BSN Program Student Learning Outcomes (PSLO) demonstrated through your artifact:

- Synthesize knowledge from the arts and sciences to form a foundation for the practice of professional nursing.
- Provide holistic, culturally competent care for individuals, families, and populations through health promotion and disease prevention across the lifespan and healthcare continuum.
- Integrate professional values and behaviors when delivering standards-based nursing care to diverse patients and populations.
- Develop leadership skills to provide and continuously improve the delivery of safe, patient-centered quality healthcare.
- Incorporate best practices and the most current evidence when using clinical reasoning to make practice decisions.
- Incorporate the use of information systems and technology in order to communicate, manage knowledge, mitigate error, and support decision-making.
- Integrate effective communication and collaboration skills to improve patient satisfaction and health outcomes.

2. Discuss one PSLO that you are reflecting on and explain how the assigned course artifact demonstrates your progression toward achieving the PSLO you checked above. Relate two class activities that helped you achieve the selected PSLO.

No Answer

3. Analyze what you have learned by completing the assigned course artifact. What areas of growth or future learning needs must be met to meet the PSLO(s) for your baccalaureate education?

No Answer

4. Review the assigned course artifact and check at least one of the following General Education Competencies (GEC) demonstrated through your artifact:

- Cultural Competence: Learners will demonstrate an understanding of philosophies that represent social, emotional, and behavioral attributes of society and individuals.
- Communication: Learners will demonstrate an understanding of the views of others and communicate in a professional manner.

- Critical Thinking: Learners will demonstrate the ability to draw conclusions based on evidence and consider prior knowledge, context and perspectives in predicting implications or consequences.
- Information Literacy: Learners will demonstrate the ability to identify, evaluate and apply information to accomplish a specific purpose.
- Quantitative Literacy: Learners will demonstrate the ability to report, calculate, and analyze quantitative data.
- Scientific Literacy: Learners will gain the ability to read with understanding scientific content and engage in a dialogue about scientific issues.

5. Select one GEC and reflect on it by making specific reference to the course and your artifact as you explain how the assigned course artifact demonstrates your progression toward achieving the GEC you checked above. Relate two class activities that helped you achieve the selected GEC.

No Answer

6. Review the assigned course artifact and check at least one standard listed under the nine BSN Essentials demonstrated through your artifact (only one standard under one BSN essential is required to be selected):

Essential I: Liberal Education for Baccalaureate Generalist Nursing Practice.

- Physical, natural, life science, math, social sciences.
- Fine art, performing art, humanities

Essential II: Basic Organizational and Systems Leadership for Quality Care and Patient Safety.

- Demonstrate knowledge and skills in leadership.
- Describe quality improvement.
- Advocate for patient safety.
- Demonstrate caring, effective communication with all constituents.
- Describe and navigate in complex organizational systems.

Essential III: Scholarship for Evidence Based Practice (Professional nursing practice is grounded in the translation of current evidence into one's practice).

- Provide evidence-based nursing interventions.
- Delineate interrelationships among theory, practice, research.
- Describe the elements of the research process and application.
- Advocate for protection of human subjects.
- Evaluate credibility of information.
- Participate in retrieval, appraisal, and synthesis of evidence.

Essential IV: Information Management and Application of Patient Care Technology.

- Understand information management and the impact upon patient outcomes.
- Employ a variety of patient care technologies.
- Demonstrate effectiveness in telecommunication technologies.
- Apply decision-making tools to support safe practice.
- Use CIS systems to document interventions and improve patient outcomes.
- Evaluate data to inform the delivery of care.
- Maintain ethical standards related to data and patient rights.
- Participate in evaluation of information systems.

Essential V: Health Care Policy, Finance, and Regulatory Environments

- Understand healthcare policies and financial implications.
- Explore regulatory environments and the impact on healthcare.
- Understand global trends.
- Be familiar with legislative and regulatory process in healthcare.
- Explore socio-cultural, economic, legal influence on practice.
- Describe role of regulatory agencies and impact on patient outcome, quality, and practice.
- Discuss healthcare policy related to access, equity, affordability, and social justice.
- Use an ethical framework to evaluate healthcare policies.
- Participate in political processes that influence healthcare policy.

Essential VI: Interprofessional Communication and Collaboration for Improving Patient Health Care Outcomes

- Understand multi-disciplinary roles of the healthcare team.
- Employ effective communication to resolve conflict, foster teamwork.
- Advocate for high quality care as a member of the healthcare team.

Essential VII: Clinical Prevention and Population Health.

- Assess protective and predictive factors, including genetics, which influence health.
- Assess health from a holistic perspective, including values, attitudes of families, groups, communities and populations.
- Promote health, manage illness.
- Use EBP to guide health teaching, screening, and counseling, throughout lifespan.
- Assess health, healthcare, and emergency preparedness needs of a defined population.
- Develop an intervention plan that considers health, resources, prevention of illness, injury, disability, and premature death.
- Participate in prevention and population-focused interventions related to effectiveness, efficiency, cost-effectiveness, and equity.
- Advocate for social justice, including health of vulnerable populations.

Essential VIII: Professionalism and Professional Values

- Demonstrate professional standards of moral, ethical, and legal conduct.
- Exhibit accountability, role modeling professional values, professionalism, and integrity.
- Identify personal, professional, and environmental risks that impact personal and professional choices.
- Examine practice for promotion of social justice.
- Articulate value of professional growth and development and lifelong learning.
- Protect patient privacy and confidentiality.

Essential IX: Baccalaureate Generalist Nursing Practice.

- Demonstrate caring and health techniques that promote a therapeutic nurse-patient relationship.
- Conduct assessment across populations and lifespan.
- Recognize constructs of genetics on health, prevention, screening, diagnostics, prognostics, treat.
- Provide holistic care across the lifespan.
- Communicate effectively with patients, families and healthcare team.
- Provide compassionate, patient-centered, evidence-based care.
- Provide nursing care based on evidence that contributes to safe and high-quality patient outcomes.

7. Select one of the BSN Essentials you have chosen and reflect on the relationship between the essential chosen, your learning, and the course artifact. Relate two class activities that helped you achieve the selected BSN Essential.

No Answer

8. Describe what you have learned by completing the assigned course artifact. What areas of growth or future learning needs must be met to meet all of the program learning outcomes for your baccalaureate education?

No Answer

9. Describe how your learning and achievement of these standards will impact your future role as a BSN nurse.

No Answer

Art and Science Reflection Questions 10 to 17 relate to a reflection on Art and Science courses. Please note you are only reflecting on previously completed Art and Science courses such as Science, Statistics, Ethics, Psychology, and Sociology. For the art and science reflection, you will not discuss nursing courses or an artifact.

10. Check at least one of the following BSN PSLO(s) demonstrated through the completion of your Art and Science courses:

- Synthesize knowledge from the arts and sciences to form a foundation for the practice of professional nursing.
- Provide holistic, culturally competent care for individuals, families, and populations through health promotion and disease prevention across the lifespan and healthcare continuum.

- Integrate professional values and behaviors when delivering standards-based nursing care to diverse patients and populations.
- Develop leadership skills to provide and continuously improve the delivery of safe, patient-centered quality healthcare.
- Incorporate best practices and the most current evidence when using clinical reasoning to make practice decisions.
- Incorporate the use of information systems and technology in order to communicate, manage knowledge, mitigate error, and support decision-making.
- Integrate effective communication and collaboration skills to improve patient satisfaction and health outcomes.

11. Discuss one PSLO that you are reflecting on and explain how the completed Art and Science courses demonstrate your progression toward achieving the PSLO you checked above. Relate two class activities in the Art and Science program that helped you achieve the selected PSLO.

Communication is an integral part of caring for patients and families. My previous course in oral communications taught me the art of public speaking. This has helped me with teaching in groups and with large families. The course also advanced my writing skills to help me in learning APA format.

12. Analyze what you have learned by completing the Art and Science courses. What areas of growth or future learning needs must be met to meet all of the PSLO(s) for your Baccalaureate education?

I have learned communication, philosophy, sociology and biomedical ethics in my previous courses. I need to continue my education in leadership courses. I will meet my PLSO's by the end of this term when my capstone project is complete.

13. Check at least one of the following General Education Competencies (GEC) demonstrated through your Art and Science courses:

- Cultural Competence: Learners will demonstrate an understanding of philosophies that represent social, emotional, and behavioral attributes of society and individuals.
- Communication: Learners will demonstrate an understanding of the views of others and communicate in a professional manner.
- Critical Thinking: Learners will demonstrate the ability to draw conclusions based on evidence and consider prior knowledge, context and perspectives in predicting implications or consequences.
- Information Literacy: Learners will demonstrate the ability to identify, evaluate and apply information to accomplish a specific purpose.
- Quantitative Literacy: Learners will demonstrate the ability to report, calculate, and analyze quantitative data.
- Scientific Literacy: Learners will gain the ability to read with understanding scientific content and engage in a dialogue about scientific issues.

14. Select one GEC and reflect on it by explaining how the Art and Science courses demonstrate your progression toward achieving the GEC you checked above. Relate two class activities in the Art and Science program that helped you achieve the selected GEC.

I have learned to critically think during my Art and Science courses. The class activities that helped meet this GEC include analyzing data in biology courses and writing a hypothesis. Critical thinking is used in every course when making decisions about prioritizing life and class work, due dates and child rearing. It would be impossible to get all the work completed on time and well done without priorities.

15. Check at least one standard listed under the nine BSN Essentials demonstrated through the completion of your Art and Science courses (only one standard under one BSN essential is required to be selected):

No Answer

Essential I: Liberal Education for Baccalaureate Generalist Nursing Practice.

- Physical, natural, life science, math, social sciences.
- Fine art, performing art, humanities

Essential II: Basic Organizational and Systems Leadership for Quality Care and Patient Safety.

- Demonstrate knowledge and skills in leadership.
- Describe quality improvement.
- Advocate for patient safety.
- Demonstrate caring, effective communication with all constituents.
- Describe and navigate in complex organizational systems.

Essential III: Scholarship for Evidence Based Practice (Professional nursing practice is grounded in the translation of current evidence into one's practice).

- Provide evidence-based nursing interventions.
- Delineate interrelationships among theory, practice, research.
- Describe the elements of the research process and application.
- Advocate for protection of human subjects.
- Evaluate credibility of information.
- Participate in retrieval, appraisal, and synthesis of evidence.

Essential IV: Information Management and Application of Patient Care Technology.

- Understand information management and the impact upon patient outcomes.
- Employ a variety of patient care technologies.
- Demonstrate effectiveness in telecommunication technologies.
- Apply decision-making tools to support safe practice.
- Use CIS systems to document interventions and improve patient outcomes.
- Evaluate data to inform the delivery of care.
- Maintain ethical standards related to data and patient rights.
- Participate in evaluation of information systems.

Essential V: Health Care Policy, Finance, and Regulatory Environments

- Understand healthcare policies and financial implications.
- Explore regulatory environments and the impact on healthcare.
- Understand global trends.
- Be familiar with legislative and regulatory process in healthcare.
- Explore socio-cultural, economic, legal influence on practice.
- Describe role of regulatory agencies and impact on patient outcome, quality, and practice.
- Discuss healthcare policy related to access, equity, affordability, and social justice.
- Use an ethical framework to evaluate healthcare policies.
- Participate in political processes that influence healthcare policy.

Essential VI: Interprofessional Communication and Collaboration for Improving Patient Health Care Outcomes

- Understand multi-disciplinary roles of the healthcare team.
- Employ effective communication to resolve conflict, foster teamwork.
- Advocate for high quality care as a member of the healthcare team.

Essential VII: Clinical Prevention and Population Health.

- Assess protective and predictive factors, including genetics, which influence health.
- Assess health from a holistic perspective, including values, attitudes of families, groups, communities and populations.
- Promote health, manage illness.
- Use EBP to guide health teaching, screening, and counseling, throughout lifespan.
- Assess health, healthcare, and emergency preparedness needs of a defined population.
- Develop an intervention plan that considers health, resources, prevention of illness, injury, disability, and premature death.
- Participate in prevention and population-focused interventions related to effectiveness, efficiency, cost-effectiveness, and equity.
- Advocate for social justice, including health of vulnerable populations.

Essential VIII: Professionalism and Professional Values

- Demonstrate professional standards of moral, ethical, and legal conduct.
- Exhibit accountability, role modeling professional values, professionalism, and integrity.
- Identify personal, professional, and environmental risks that impact personal and professional choices.
- Examine practice for promotion of social justice.
- Articulate value of professional growth and development and lifelong learning.
- Protect patient privacy and confidentiality.

Essential IX: Baccalaureate Generalist Nursing Practice.

- Demonstrate caring and health techniques that promote a therapeutic nurse-patient relationship.
- Conduct assessment across populations and lifespan.
- Recognize constructs of genetics on health, prevention, screening, diagnostics, prognostics, treat.
- Provide holistic care across the lifespan.
- Communicate effectively with patients, families and healthcare team.
- Provide compassionate, patient-centered, evidence-based care.
- Provide nursing care based on evidence that contributes to safe and high quality patient outcomes.

16. Select one of the BSN Essentials you have chosen and reflect on the relationship between the essential chosen and your learning in the Art and Science courses. Relate two class activities in the Art and Science program that helped you achieve the selected BSN Essential.

Essential IX: Baccalaureate Generalist Nursing Practice, is the Essential I have chosen. Recognize constructs of genetics on health, prevention, screening, diagnostics, prognostics, treat. Class activities I completed in my science courses helped me achieve this Essential. One activity was researching genetics and writing a paper on how DNA is passed down through families. A second activity was microbiology and the creation of a table used for cultures that showed how certain disease causing microbes were identified.

17. Describe how your learning in the Art and Science courses will impact your future role as a BSN nurse.

I have learned improved skills in research and writing through my Arts and Science Courses. These skills will impact my future role as a BSN nurse by promoting a broader view of patient care and how clinical practices are developed and can be tested at a nursing facility on a unit. This has broadened my view of nursing as a whole and changed my perspective on BSN nursing.

Program Reflection (NSG4850 Students ONLY) Questions 18 to 24 relate to a reflection in the Capstone course, which is to be completed by NSG4850 students only. In this final reflection, you will discuss your growth and learning in relationship to programmatic and professional standards and competencies and create an action plan for continued growth after program completion.

18. Check one BSN Program Student Learning Outcomes (PSLO) you have achieved through the completion of your RN-BSN program, and one PSLO not achieved, yet (continued growth is needed).

- Synthesize knowledge from the arts and sciences to form a foundation for the practice of professional nursing.
- Provide holistic, culturally competent care for individuals, families, and populations through health promotion and disease prevention across the lifespan and healthcare continuum.
- Integrate professional values and behaviors when delivering standards-based nursing care to diverse patients and populations.
- Develop leadership skills to provide and continuously improve the delivery of safe, patient-centered quality healthcare.
- Incorporate best practices and the most current evidence when using clinical reasoning to make practice decisions.
- Incorporate the use of information systems and technology in order to communicate, manage knowledge, mitigate error, and support decision-making.
- Integrate effective communication and collaboration skills to improve patient satisfaction and health outcomes.

19. Expand below. Identify the PSLOs that were achieved and not achieved. Provide supportive rationale for why you have achieved and not achieved the selected PSLOs using professional examples and/or course assignments from the program.

Using best practices and most current evidence is the PLSO I aspire to meet. It is not always possible and the current practice in an institution sometimes lags behind the current research. It takes time and effort to make policy changes in a big facility. I learned the importance of using a nursing model to evaluate evidence. I also learned that a lot of research does NOT use a model to evaluate their evidence. In considering the model you have to consider the underlying theory behind that model. I can meet this PLSO in my own practice and work to change the practice of others in my facility by being a leader and making policy changes. Growth as a leader will help me meet this PLSO in the future.

20. Check one General Education Competency (GEC) you feel you have achieved through the completion of your RN-BSN program, and one GEC not achieved, yet (continued growth is needed).

- Cultural Competence: Learners will demonstrate an understanding of philosophies that represent social, emotional, and behavioral attributes of society and individuals.
- Communication: Learners will demonstrate an understanding of the views of others and communicate in a professional manner.
- Critical Thinking: Learners will demonstrate the ability to draw conclusions based on evidence and consider prior

knowledge, context and perspectives in predicting implications or consequences.

- Information Literacy: Learners will demonstrate the ability to identify, evaluate and apply information to accomplish a specific purpose.
- Quantitative Literacy: Learners will demonstrate the ability to report, calculate, and analyze quantitative data.
- Scientific Literacy: Learners will gain the ability to read with understanding scientific content and engage in a dialogue about scientific issues.

21. Expand below. Identify the GECs that were achieved and not achieved. Provide supportive rationale for why you have achieved and not achieved the selected GECs using professional examples and/or course assignments from the program.

The achieved GEC is communication in a professional manner. I have learned numerous oral communication skills through speeches, and written skills through writing papers in my general courses. I have also created power point presentations and posters to facilitate the teaching of others. The GEC not yet achieved quantitative literacy. This analysis and interpretation of quantitative data is a work in progress and I hope to accomplish this GEC by the end of this term. My research and data collection for the proning project will focus on data collection, research and a plan to improve patient outcomes.

22. Check one standard listed under the nine BSN Essentials you feel you have achieved through the completion of your RN-BSN program, and one BSN Essential not achieved, yet (continued growth is needed).

Essential I: Liberal Education for Baccalaureate Generalist Nursing Practice.

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- Fine art, performing art, humanities

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- Demonstrate caring and health techniques that promote a therapeutic nurse-patient relationship.
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- Communicate effectively with patients, families and healthcare team.
- Provide compassionate, patient-centered, evidence-based care.
- Provide nursing care based on evidence that contributes to safe and high-quality patient outcomes.

23. Expand below. Identify which BSN Essentials were achieved and not achieved. Provide supportive rationale for why you have achieved and not achieved the selected BSN Essentials using professional examples and/or course assignments from the program.

I feel I have accomplished all of the BSN essentials during my course work. The degree of expertise in each differs greatly and I still have much to learn. Throughout my courses, I have learned physiological, psychological, environmental and financial implications of patient care and the care experience. I feel I can continue my personal growth in areas of leadership and research with future project in an MSN program. My capstone project is nearly complete and will assist me to achieve the BSN essentials not yet finished. This includes the Essential regarding research subjects.

24. How will the achievement of the standards you selected impact your role as a BSN nurse? Create an action plan for growth by creating three goals that will demonstrate growth and development after your program. The goals must address the PSLOs, GECs, and BSN Essentials you have identified as areas where growth is needed.

NSG 3050 assisted me to meet this portion of Essential III by using current research material to prove my point and express my ideas in a fully concise manner. The rest of the items included in that essential were not being met until after I completed my NSG 4000 Evidence Based Research Course. In NSG 4000, I learned the importance of using a nursing model to evaluate evidence. I also learned that a lot of research does NOT use a model to evaluate their evidence. In considering the model you have to consider the underlying theory behind that model. Two activities that helped me achieve this essential are the Unit 4, Presentation 3 Research and Theory and the elements of the research process. These standards will impact my future role as a BSN nurse by promoting a broader view of patient care and how clinical practices are developed and can be

tested at a nursing facility on a unit. This has broadened my view of nursing as a whole and changed my perspective on BSN nursing. My goals after the program include: a research thesis project, a leadership position in nursing and to be a published writer in nursing. I will implement my goals using the lessons from this program in research, writing skills and leadership.