

Week #15 Discussion #10

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MSN 588-01: Advanced Assessment Across the Lifespan

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1. Reflect on the clinical conference and volunteer service project experience.

Reflecting on the clinical conference, I felt valued as a student, and my peers were professional and kind. Questions were answered clearly, and refining skills in person was important. My confidence in moving on with clinicals has been boosted.

Reflecting on the volunteer service project, I realized it was important to do so in person. The employees were kind and professional. I had the opportunity to bond with fellow peers and make possible connections for the future.

2. Discuss a particular instance in which you demonstrated leadership traits coherent with your professional nursing identity as a future Advanced Practice Nurse to your peers, faculty, and/or the community.

During the conference, I observed several leadership traits in my peers, and I believe I also demonstrated them. We raised our hands and engaged when answering the professor's questions, practiced our head-to-toe assessment, and took the assessment seriously. We conversed with guest speakers and had meaningful conversations with our professors. We assisted the community with cleaning, organizing, and assembling Easter trinkets for overworked employees at the 4th Street Clinic.

3. How did you advocate for practices that advance diversity, health equity, inclusion, and respect?

As an APN, it is important to use these twelve tips for inclusive practice (Marjadi et al., 2023).

- Beware of assumptions and stereotypes
- Replace labels with appropriate terminology
- Use inclusive language
- Ensure inclusivity in the physical space
- Use inclusive and appropriate signs and symbols
- Ensure appropriate communication methods
- Adopt a strength-based approach

- Ensure inclusiveness in healthcare research
- Expand the scope of inclusive healthcare delivery
- Advocate for a more inclusive healthcare system
- Self-educate on diversity in all forms
- Build individual and institutional commitments

(Marjadi et al., 2023).

At the conference and in my everyday life, I maintain an inclusive environment and love conversing with peers from all walks of life. We all have stories to share, and we all have the right to feel and be included.

4. *As you reflect, would you have done anything differently?*

I would not have done anything differently. The conference was well organized, and the food was amazing!

5. *Briefly discuss how you collaborated with community leaders and organizers during your service project.*

The community leader at the service project gave us a tour of the facility and answered all our questions.

6. *If this partnership were to continue, how would you advocate and leverage for additional resources to support the mission of the service project organization to benefit vulnerable populations? Incorporate the mission and vision of Nightingale College into your response.*

The community leader mentioned she used Facebook to reach out to the community and would get overwhelming support and donations of resources. She also mentioned that they are already preparing to rebuild their facility and expand it. Nightingale College's vision is a world where health and humanity are improved, positively impacting the community and beyond. I feel like the only improvements would be to continue expanding the facility or to open several others in the community.

Per Gutwinski et al. (2021), in 2021, eight different surveys reported that homeless people had at least one diagnosis of a mental disorder. Having a team of alumni PMHNPs from Nightingale College volunteer so many hours each year to visit and assist with patient care would help the facility thrive and allocate funds to more important needs, e.g., food, clothing, and hygiene products for patients.

Reference

- Gutwinski, S., Schreiter, S., Deutscher, K., & Fazel, S. (2021). The prevalence of mental disorders among homeless people in high-income countries: An updated systematic review and meta-regression analysis. *PLOS Medicine*, 18(8).
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- Marjadi, B., Flavel, J., Baker, K., Glenister, K., Morns, M., Triantafyllou, M., Strauss, P., Wolff, B., Procter, A. M., Mengesha, Z., Walsberger, S., Qiao, X., & Gardiner, P. A. (2023). Twelve Tips for Inclusive Practice in Healthcare Settings. *International Journal of Environmental Research and Public Health*, 20(5).
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