

Essential Artifact Submission Form

Name: June Arthur

ID: 101689

Class: 0516 COM 241 - XO1 Principles of Communication

TITLE OF REFLECTION: COM241

BSN Program Student Learning Outcomes

Check indicators demonstrated through your artifact.

☒ PSLO1 - Synthesize knowledge from the sciences and humanities as a foundation for the practice of professional nursing across multiple contexts.

☐ PSLO2 - Demonstrate leadership in improving organizations and systems to promote culturally competent quality care and patient safety.

☒ PSLO3 - Integrate patient/family preferences with scholarly research and systematic inquiry to deliver evidenced based competent nursing care.

☒ PSLO4 - Manage data to monitor the outcomes of care processes and use improvement methods to continuously improve the quality and safety of health care systems.

☐ PSLO5 - Apply leadership principles to effect change in health care and health policy at the local, state, national and international levels.

☐ PSLO6 - Implement health promotion and disease prevention strategies at the individual and population level to improve health of diverse populations across the lifespan and across the continuum of healthcare environments.

☒ PSLO7 - Integrate professional values of altruism, autonomy, human dignity, integrity, and social justice to the discipline of nursing.

☒ PSLO8 - Demonstrate continuous cultural competency development in the delivery of holistic caring to patients, including individuals, families, groups, communities, and populations across the lifespan and across the continuum of healthcare environments.

☒ PSLO9 - Improve patient health outcomes among diverse populations through the promotion of effective inter-professional and collaboration communication.

General Education Competencies

Check indicators 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 Technology: Learners will demonstrate the ability to use computers, software applications, databases, and other technologies to achieve a variety of academic and work-related goals.

☐ 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.

Essential I: Liberal Education for Baccalaureate Generalist Nursing Practice.

Check indicators demonstrated through your artifact.

☐ 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.
Check indicators demonstrated through your artifact.**

- ☒ 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).
Check indicators demonstrated through your artifact.**

- ☐ 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
Check indicators demonstrated through your artifact.**

- ☒ 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
Check indicators demonstrated through your artifact.**

- ☐ 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
Check indicators demonstrated through your artifact.**

- ☒ 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
Check indicators demonstrated through your artifact.**

- ☐ 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
Check indicators demonstrated through your artifact.

- ☒ 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
Check indicators demonstrated through your artifact.

- ☐ 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.

Copy and paste your reflection HERE.

Reflection Criteria

Within the PSLOs using the different aspects of self-concept help me to look at myself a little deeper and to boost my self-esteem through practice of self-assertiveness, personal integrity, and self-talk (Engleberg, and Wynn, 2015). My persuasive speech was my first time doing public speaking, beside extremely nerve wracking, it gave me more of an appreciation of what others go through to present their speeches. Our Group project I appreciated the efforts everyone put forth to get the job done. We had good collaboration happening that gave us great input. Figuring how to work with a team that you don't know along with the multiple differences we still were able to come together and get what was needed done. Learning more deeply the APA formats of writing and putting it together with communication. I have learned more about myself and have become more aware of others and the different dynamics we all have. Becoming aware of cultural diversity and how that plays an important role in our communication. The Baccalaureate Essentials I think this class covered most on were the 6th one- Interprofessional Communication and Collaboration for Improving Patient Health Care Outcomes, through this we learned how to communicate more proficiently, in a way that is beneficial to helping our co-worker and our patients in understanding the points we are trying to get across. This class has touched base on all the essentials to help us become more professional with professional values with the way we communicate. .

Relate at least two class activities to the development of this artifact (readings, case studies, lecture content etc.)

The self-assessment activity, and the seven Key Competencies of Effective Communication (Engleberg, and Wynn, 2015) helped improve communication skills. Viewing the different TEDtalks videos all had a message we took away to help us understand ourselves and improve our ways to communicate.

Explain how you were challenged in creating the artifact. With this artifact, our recorded speech, had me outside of my box or comfort zone. I went into this thinking I had never had to stand up in front of an audience to give a speech. And was not sure at all if I could do this. I did not like being in the spot light and had that fear of messing up or being rejected.

State what skills you now have as a result of participating in the artifact development process. The skill I will take away is the exercises to help boost my self-esteem through practice of self-assertiveness, personal integrity, and self-talk (Engleberg, and Wynn, 2015).

Describe the impact of future actions the artifact has inflicted on you, both in upcoming learning at Galen and in your future role as a BSN nurse

I am sure in the future, I will have to do more speeches or presentations and I feel the more you do the better you become

Engleberg, I. N., & Wynn, D. R. (2015). Think Communication. Upper Saddle River: Pearson