

Essential Artifact Submission Form

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Class: 1016 NUR 320 - XO2 Health Promotion

TITLE OF REFLECTION: NUR320-Health Promotion Brochure

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.

Type your reflection narrative in a word document and then copy/paste into the box below

1. Discuss at least one standard from within each of the three standard subsets
 - a. Program Student Learning Outcomes- This artifact demonstrates the implementation of health promotion and disease prevention strategies through the promotion of healthier sleep habits and its effects on one's health.
 - b. General Education Competencies- Communication and Cultural competence: This artifact demonstrates an understanding of the views of others and the philosophies that represent social, emotional, and behavioral attributes of society and individuals along with communicate in a professional manner.
 - c. Baccalaureate Essentials- Essential VI: Advocate for high quality care as a member of the healthcare team by developing an informational brochure.
2. Relate at least two class activities to the development of this artifact (readings, case studies, lecture content etc.)
The activities that helped in developing this artifact were all of unit 3 over health promotion. Then the presentation of assessing health literacy and improving health literacy. Each weeks assignment help to build upon this artifact.
3. Explain how you were in challenged in creating this artifact
In this artifact, I was challenged in creating this by displaying both adverse side effects and the positive outcomes of healthy sleep.
4. state what skills you now have as a result in development.
I now have the understandings of what it takes to be an effective health promoter.
5. describe the impact of future actions the artifact has inflicted on you, both in up and coming learning at Galen and in future role as BSN.
This artifact will give guidance in how to effectively communicate on healthy promotion. Understanding the importance of health promotion and to incorporate it into my daily communication with patients, this will help me succeed in my career and become an efficient healthcare advocate.