

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: 2023-05-NSG-3200-06001

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.

The health disparities paper was educational for me to be aware of different populations and how they learn new information. There are people who because of language barrier or level of education need medical information provided for them in ways they will understand. Creating the patient education brochure was a great way to reach out to individuals about the importance of health promotion. The brochure was created in a colorful and easy to understand format so any age group or education level may be able to understand.

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?

Area of growth for me will be to integrate evidence based practices in my nursing career. I can utilizing evidence based practice to help promote health by providing the best education material to patients.

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.

Information Literacy: Learners will demonstrate the ability to identify, evaluate and apply information to accomplish a specific purpose. I was able to provide information that was easy to understand and follow for patients to utilize for their healthcare needs in my patient education brochure. The health disparities paper helped me learn that we must learn about our patient so we can learn how to educate them. Once we are able to identify how our patient is able to learn information, they can begin to contribute to their healthcare needs.

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.

Recognize constructs of genetics on health, prevention, screening, diagnostics, prognostics, treat. A course discussion I participated in involved genetics and how it greatly impacts the human population. We are able to use the information we know about genetics to help promote testing for the early detection of diseases. Communicate effectively with patients, families and healthcare team. The education brochure taught me to learn to find a way to effectively communicate with our targeted audience when providing healthcare information.

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?

Application of evidence based practice in nursing is an area of growth for me. Achieving these standards will equip me with the knowledge of best practice and evidence based interventions that are essential to providing safe, efficient and effective healthcare services.

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

The achievement of these standards will have a positive impact on my future career as a BSN nurse, leading to greater opportunities for professional advancement and career growth. It will enable me to acquire leadership roles, enhance my knowledge, skills and abilities, enabling me to provide the highest quality patient-centered care, improve patient outcomes and advance healthcare practice.

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.

No Answer

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?

No Answer

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.

No Answer

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.
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- 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.
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- 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

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- 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.

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- Conduct assessment across populations and lifespan.
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- 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.

No Answer

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

No Answer

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.
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- 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.

No Answer

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.

No Answer

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).

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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.

No Answer

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.

No Answer