

Nursing Professional Capstone and Practicum Reflection

In this essay, the author reflects on her experiences and skills in the context of Capstone's professional practice. The reflection occurs about oneself and concerning others involved in the practice.

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Introduction

The nursing professional capstone and practicum experience have marked the culmination of my nursing education, providing a platform for integrating knowledge and skills acquired throughout my program. This reflective essay will explore the updates in knowledge and skills gained during the capstone and practicum, as well as an assessment of my strengths and weaknesses as a nurse.

Updates in Knowledge and Skills

The nursing professional capstone and practicum experience have enhanced my knowledge and skills in several key areas. Firstly, I have gained a deeper understanding of evidence-based practice and research utilization. Critical appraisal of research literature and participation in quality improvement projects taught me to incorporate the latest evidence into my nursing practice, ensuring patient care is based on the best available information.

Additionally, I have sharpened my skills in interdisciplinary collaboration and teamwork. Working closely with other healthcare professionals, such as physicians, pharmacists, and allied health personnel, has reinforced the importance of effective communication and cooperation in delivering holistic patient care. Collaborative efforts have improved patient outcomes, as the synergy between healthcare team members allows for a comprehensive approach to healthcare delivery.

Moreover, the capstone and practicum experience has provided opportunities to expand my leadership abilities. Taking charge of patient care, making clinical decisions, and delegating tasks have honed my leadership skills and fostered confidence in my ability to guide and advocate for patients. These experiences have also highlighted the importance of effective communication, active listening, and conflict resolution in leading a healthcare team.

Identified Strengths and Weaknesses

Through self-reflection and feedback from preceptors and peers, I have identified several strengths that contribute to my nursing practice. One of my strengths is effective communication. I have demonstrated the ability to establish rapport with patients, actively listen to their concerns, and clearly and concisely explain their care plans. Furthermore, I adapt to diverse patient populations and tailor my communication style accordingly.

Another strength lies in my critical thinking and problem-solving skills. I have developed the ability to assess complex situations, analyze information, and make informed decisions. This enables me to respond promptly to changes in patients' conditions and implement appropriate interventions.

While recognizing my strengths, I am also aware of areas for improvement. Time management is an aspect that requires further development. The fast-paced nature of healthcare settings necessitates effective time management skills to prioritize tasks and ensure timely delivery of care. I am actively enhancing my ability to manage competing demands and allocate my time efficiently.

Conclusion

The nursing professional capstone and practicum experience have been instrumental in updating my knowledge and skills and identifying my strengths and weaknesses as a nurse. I have gained a deeper understanding of evidence-based practice, interdisciplinary collaboration, and leadership. My effective communication and critical thinking skills have contributed to my nursing practice. However, I recognize the need to improve my time management abilities.

As I progress in my nursing career, I will continue to build on my strengths and address areas for improvement. Reflecting on this experience, I am grateful for the learning opportunities during the capstone and practicum. I am excited to apply these newfound skills and knowledge to deliver high-quality, patient-centered care and contribute to the advancement of the nursing profession.

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