

Week 8 Reflection on Learning

Describe how learning in this course will help you achieve Program Outcome 2: Create a caring environment for achieving quality health outcomes.

Through this course, I've recognized the immense importance behind cultural competence, introspective clinical judgment, and empathy towards patients. Being culturally competent requires knowledge and sensitivity from the PMHNP's end. Whether the PMHNP is seeking out information on their own, attending seminars, or putting the knowledge into practice, it is essential that patients don't feel judged, pressured, or without options due to their cultural background. To become an introspective provider who can equally balance this skill with sound clinical judgment, one must continuously apply their skills and refine what they already know. The PMHNP must be proficient in their ability to ask appropriate questions, interpret pertinent symptoms, tailor care based on the patient's individual needs, and propose an appropriate diagnosis. Finally, empathizing with the patient opens up opportunities for deeper discussions and facilitates a therapeutic relationship between the provider and patient. A patient who trusts their provider will be more willing to engage in open conversations, ask questions, be involved in their care, have a sense of comfort, and adhere to their care plan.

Describe how course assignments or activities will help you achieve ONE of the advanced-level nursing education competencies from AACN Essentials Domain 1 listed below.

1.2h Employ ethical decision-making to assess, intervene, and evaluate nursing care.

Information provided from this course, as well as the video assignment, allowed me to put my skills to practice, especially timely documentation which is crucial for optimizing