

WEEK ONE PRACTICUM JOURNAL

Class: PRAC6531

Week 1 Journal

I used this first week of clinicals to prepare as much as possible for the upcoming weeks. I also reviewed the syllabus, requirements, and objectives of the course. My first clinical was on June 4th and although nervous I soon relaxed and got into a groove with my preceptor.

Goals and Objectives

My goals for the clinical practicum will be to utilize the seven domains of practice while improving my capacity for taking patient history, offering a sound diagnosis, improving my physical examination skills. Using the same domains, I would also like to demonstrate the capability of performing proper patient education in accordance with the best outcomes (Buttaro, Trybulski, Bailey, and Sandberg-Cook, 2013). Additionally, creating trust and a good rapport with my patients is of great importance along with using a management role utilizing a systematic problem-solving method. Finally, I would like to provide supportive mental health care and a culturally sensitive practice. All of this will aid in achieving desirable health outcomes in accordance with evidence-based practices.

Patricia Benner Theory: From Novice to Expert

I would utilize the Patricia Benner Theory. This theory is grounded in the notion of advancement through experience from a novice to an expert nurse. In order to progress from a novice to an expert is achieved through education and clinical experience. Clinical experience comes from active quality patient care under the supervision of a qualified professional in that setting. Not only is the completion of an educational program important, but courses in continuing education are mandated to ensure the most up to date and implementation of changing policies and procedures.

Benner utilizes the Dreyfus Model of Skill Acquisition to demonstrate levels of nursing from the 5 stages that take you from a novice level-student to an expert. I chose her model, although controversial maybe a philosophy, because she acknowledges that other theories were inadequate based on the fact that they don't take in account the complexities of practical situations (Altmann, n.d.). Kingsnorth-Hinrichs states that advanced practice nurses that are novices although excited and eager to learn, are easily overwhelmed by the multitude of tasks, interruptions, and increased stimulation (2009). Novice advanced practice nurses are not adjusted to subtle changes in patients and outside elements that the textbook hadn't told them to anticipate. Advanced novices don't understand there's a wealth of information that they don't know.

Conclusion

Goals and objective for the coming weeks of clinicals would be to advance my skills and