Week 3: Summary and Planning Ahead

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Summary

Nursing practice is both an art and a science with foundational knowledge, skills, and attitudes based in caring. While practice environments have changed and increased in complexity, caring remains a central concept in the profession of nursing. This week, we explored several important concepts surrounding person-centred, holistic care and reflective practices, including cultural humility and self-knowledge. Students had the opportunity to apply concepts in a discussion of their future NP practice.

Key Points

* Caring is central to the nursing profession
* Person-centred care, holistic care fosters therapeutic relationships that improve health outcomes
* Self-reflection helps improve self-awarenes
* Cultural humility involves self-reflection and enables nurses to approach cultural differences respect, openness, flexibility

Planning Ahead

As master's-prepared nurses, you will be professional leaders. Next week, we will begin to apply the principles you've learned about the role of the NP and caring to leadership, communication, and emotional intelligence.