Reflection

 I became a student in Health assessment this past semester and have gained more insight and knowledge than I thought I would. I started this course with many thoughts most of which were negative based on my personal experience with health assessment in my current workplace. I have never previously taken an assessment course as in depth as this, so I was very nervous. The purpose of this essay is to discuss my struggles, strategies and challenges with Keuka and the commitment to diversity and personal and professional development in my nursing career.

 Coming into this course I had many insecurities and challenges with assessments. My insecurities stemmed from the lack of resources and preparation that I felt coming into an undergraduate course. I have never been too good with my assessment skills I don’t believe. My challenges previously resulted from my insecurities on believing that I was not good at doing assessments on my patients.

 There have been many strategies, tools, and resources that have been most effective in helping to improve myself within this course. One resource I would have to say has been my classmates. They have been one of the most important resources to help me navigate assignments and help me to better understand what was going on in the course. Another resource that has helped me a bit has been the Jarvis book. Although it could get very confusing at times, there were other times where it did help to clarify when I had many questions. Along with the resources found on my own, I found it very helpful with Shadow Health. Having a computerized patient really helped me in more ways than I thought it would. It gave a room for error so that you didn’t feel pressured or embarrassed when an assessment didn’t go as planned.

 While there are resources, and references available to help me navigate through assessments there are still some issues that I have as a whole that I have yet conquered. I still have to work on the proper way to assess certain areas or aspects of the body thoroughly and learn more of the exceptions. For example, I am clear on what normal lung sounds should sound like however it is hard for me to differentiate other lung sounds such as rhonci or coarse sounds. I know that with more practice and different sounds I will begin to get better at this specific assessment skill. There are many times where I was a bit insecure in assessment skills because I underestimated myself and what I truly know or feel that I know. This played a role in the final assessment that we had to demonstrate with Professor Mesko. I was so nervous that everything I thought I knew, went out the window. This will also come to me more with time. The more comfortable I am, the more confident I will become.

 Health assessement has also touched on the commitment to diversity and personal and professional development. One way in which this has touched on diversity is through the many avenues in how assessments could be done. There are many ways and strategies to initiate health assessment which exemplifies diversity to its core. Health assessment will also help tremendously in my personal and professional development. Much of what we do as nurses involves the complete assessment of our patients and the treatment plan is based on the assessments we discover. I believe that with the background information I have received in this class, it will better prepare me for my development as a nurse in the future.

 This assessment course has taught me many things and has provided me with many resources in a short period of time. These resources have provided me with the tools that I will use in my future courses to become a better observer and all around nurse. In nursing I hope to grow in confidence of my abilities and overcome the challenges against me.