

Nursing Self-Assessment

4 pages | 851 words

This essay gives me an opportunity to understand the skills, knowledge and competencies required of a professional nurse as well as, help me to do a self-assessment of my strengths and weaknesses and how to build on it. It will also help me plan my career as a professional nurse. The essay will expose me to a wide range of career opportunities within the nursing profession so that I can develop plans and scenarios in order to fit an ever-changing world.

Nursing is a rewarding and fulfilling career and a profession which is broad. Nurses collaborate with doctors and other multidisciplinary teams to restore, bring back to life and alleviate pain of a patient. Nurses play a wide range of roles in the health delivery system. These roles include health promotion, providing dignity and privacy, enforcing confidentiality, respecting patients' views and beliefs. By acting as teachers, a nurse promotes self-care, good exercise and healthy life among others. Nurses are good communicators, listeners, and maintain good moral and rapport at all times. As advocates for patients, nurses are with people during critical times of their lives, birth, injury, illness or death. Having shared their most intimate details of their lives, nurses become advocates through supporting the patients, speaking on their behalf and interceding when necessary.

Nursing requires certain core knowledge and skills. These skills and knowledge are central to the performance of my duty as a professional nurse. As a professional nurse, I'm expected to demonstrate a good patient observation and care skills, professional skills, awareness and practice of health and safety standard, infections prevention and control, communication skills, medical administration, protection of the vulnerable individuals among others.

As part of patient observation and care, I'm expected to demonstrate and undertake skills which include plan and record care, prepare for patient discharge, chronic and acute pain assessment; measuring pulse, recognising rate, rhythm and strength, assisting with bath/shower, oral hygiene and toilet needs among others.

Among the professional skills as I'm expected to demonstrate and practice are the following: evaluate care, time management, solve problems, prepare self and others for emotionally challenging situations as well as preparing individuals emotionally for procedures. I am expected to promote the independence, the human rights and maintain privacy and dignity of the individual.

As a professional nurse I'm expected to provide care in a warm, sensitive and compassionate manner. Break bad news to a patient/carer, act professionally and appropriately in situations where there are limits to confidentiality, and use appropriate strategies to enable patients to understand treatments and other interventions in order to give informed consent where applicable.

I have worked in a nursing home and as a result, I have acquired care skills such as assisting patients with shower, oral hygiene needs, use of hoist, infection and prevention control, health and safety, and communication. I have the ability to work as a team player.

Caring for the elderly in the past made me develop an interest in adult nursing. I have developed empathy and sympathy towards patients and my entire family as a whole. I have understood and respect other people's views, values and beliefs. The holistic care and...

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Wolfgang Guggemos



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