

1. **Describe how course assignments or activities will help you achieve Program Outcome 1: Provide high-quality, safe, patient-centered care grounded in holistic health principles (Holistic Health & Patient-Centered Care).**

The assignments in this class allowed us to practice on a patient without actually using a patient. We were able to use certain techniques and skills to see what was normal and what was abnormal, to give us a better idea of what to look for. It is a struggle in the beginning to wrap your head around treating a virtual patient like a real patient. This is a great way to practice and get us thinking in the practitioner role before we head into clinicals to take care of real patients.

While we were unable to see the technique on the virtual patient, the physical assessment was a way for us to practice and get an idea of how these techniques should be completed. This class was a great starter before clinicals, so that we can provide safe, high-quality patient care.

2. **Describe how course assignments or activities will help you achieve ONE of the advanced-level nursing education competencies from AACN Essentials Domain 1 Links to an external site. listed below.**

The human assignments allowed us to employ ethical decision making to assess, intervene, and evaluate care. We were presented with a patient and had to decide what was going on with the patient, then once that was decided, we had to make a care plan. This helped get me into the mindset of a provider, to not only look for what is going on with the patient but also how we would move forward. It is clear in my physical portion of these exams that I am lacking, but I plan on taking the criticism moving forward and applying it to future cases.

The human cases also allowed us to synthesize current and emerging evidence to influence our decisions. There was no one telling us what to pick for our care plan, it was our decision. This allowed us to investigate evidence and decide for ourselves if this was the appropriate treatment for the patient in a safe environment. The feedback provided by the teacher should be taken to heart and help us decide in the future if we are making the right decision for our patients.

3. **Describe how course assignments or activities listed below. will help you achieve ONE NONPF Independent Practice Competency Links to an external site. listed below.**

Many of these competencies were covered during this course. The one that sticks out most to me is demonstrating the highest level of accountability for professional practice. We are to come up with a care plan and give reasoning for every decision that we made. This is holding us accountable for every decision. We must think through why we did or did not decide to do something for a patient. This is, again, a safe environment