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

Describe how course assignments or activities will help you achieve ONE of the advanced-level nursing education competencies from AACN Essentials Domain 1 listed in each section below. Provide at least two specific examples.

Describe how course assignments or activities will help you achieve Program Outcome 1. 2.

Describe how course assignments or activities will help you achieve ONE of the advanced-level nursing education competencies from AACN Essentials Domain 1. 3.

Describe how course assignments or activities will help you achieve ONE NONPF Independent Practice Competency.

Reflection on Learning

1. **Program Outcome 1: Provide High-Quality, Safe, Patient-Centered Care** Learning in this course equips me to provide high-quality, safe, patient-centered care grounded in holistic health principles. Through assignments that emphasize assessment and intervention strategies tailored to individual patient needs, I can develop a comprehensive understanding of mental health challenges. For instance, case studies focused on holistic care allow me to integrate psychological, social, and biological factors into my treatment plans, enhancing patient outcomes and fostering trust in the therapeutic relationship.
2. **AACN Essentials Domain 1 Competencies**
 - **1.1 Demonstrating Nursing's Distinct Perspective:** Engaging in collaborative projects with students from diverse healthcare backgrounds has deepened my understanding of nursing's unique role in patient care. Additionally, assignments that require translating evidence from nursing science into practical applications enhance my ability to advocate for patient-centered approaches in multidisciplinary teams. For example, presenting research findings on evidence-based interventions for mental health disorders illustrates how nursing science directly influences practice.
 - **1.2 Applying Theory and Research-Based Knowledge:** Assignments that involve synthesizing knowledge from various disciplines, such as psychology and pharmacology, enable me to apply a systematic approach to my nursing practice. Developing care plans that incorporate psychological theories and pharmacological treatments demonstrates the integration of this knowledge into holistic patient care. Furthermore, ethical decision-making exercises help me evaluate nursing care while considering patients' values and preferences, ensuring that interventions are respectful and effective.
3. **NONPF Core Competency NP 1.3f: Demonstrating Clinical Judgment** Activities such as simulations and patient assessments allow me to practice clinical judgment using a systematic approach, directly aligning with NP 1.3f. For instance, analyzing patient scenarios helps me

inform and improve NP practice by identifying best practices based on foundational knowledge of advanced physiology and health assessments. This systematic approach will enable me to create evidence-based treatment plans that address individual patient needs.

Conclusion

Overall, the assignments and activities in this course not only support my development as a PMHNP but also prepare me to navigate the complexities of mental health care in a restricted practice state like Wisconsin. By enhancing my clinical judgment and ability to provide holistic, patient-centered care, I am committed to making a meaningful impact on my patients' lives.

Reflections on Course Assignments and Activities

1. Program Outcome 1: Integrating Knowledge into Practice Through clinical case studies and simulation exercises, I will apply theoretical knowledge to real-world scenarios, enhancing my ability to assess and treat mental health conditions effectively. These assignments will improve