

Week 8 Collaboration Cafe

1. Reflect on your learning experience in this course. Which concepts stood out to you and made an impact? How do you envision using these concepts in your future nursing practice as a master's prepared nurse?

Through this class, I have gained a deeper understanding of how important it is to consider the bigger picture when it comes to health. One concept that made an important impact on me was the concept of social determinants of health, which refers to the ways in which factors such as a person's income, housing, education, and access to medical treatment can have an effect on their overall health and well-being. In addition, I found epidemiology to be very helpful, particularly when it came to learning how to make use of data to identify health patterns and plan better care. In my future role as a nurse practitioner, I intend to make use of these concepts to gain greater understanding of my patients and the difficulties they encounter outside of the clinic. Because of this, I will be able to deliver care that is more individualized and compassionate, and I will also be able to advocate for improvements that will enhance health outcomes in the communities that I serve.

2. Describe how course learning activities and assignments will help you achieve Program Outcome 3: Engage in lifelong personal and professional growth through reflective practice and appreciation of cultural diversity. (Cultural Humility).

The case studies and group discussions in particular encouraged me to examine my preconceptions and views, which increased my awareness of the ways that culture affects health. Cultural competence refers to a healthcare provider's ability to consider cultural factors that affect an individual's health and attitudes toward disease and disability (Liu et al., 2022). I was able to see the significance of cultural humility through the process of assessing various health scenarios and working with different points of opinion. This allowed me to acknowledge that I do not know everything there is to know about every culture, but that I can always approach patients with respect and a willingness to learn. As an aspiring nurse practitioner, I will be required to provide care that