

Professional Capstone and Practicum Reflective Journal

Week 1 : New Practice Approaches

I am almost completing my BSN degree, and this is a significant milestone in my personal and professional development as a nurse. Working as a full-time nurse, this journey has been difficult yet bearable. Taking this course has given me a new perspective on the world around me. The first week of the Capstone class was a whirlwind of work on the Individual Success Plan, as students attempted to evaluate all assignments. It seemed like every time I thought I was done, I had to go back over it all again because I had missed something. It was also difficult to make certain that all of the competencies for self-assessment were plugged in correctly.

As a nurse, my mentor is someone I look up to, and I'm grateful to work alongside him at my current job. My mentor signed off on my pre-conference form without a second thought. First, I went over my Success Plan for the next ten weeks. Afterwards, he signed the plan and gave it back to me. When we met in person, we had a productive discussion regarding my Capstone subject suggestions. As a result of his advice, I whittled it down to just three ideas for my research. As a nurse, I believe we must advocate for the finest possible cure and support the nursing community in providing it in the safest manner possible for our patients (Wojnar, & Whelan, 2017). Novel practice methods are new solutions utilized to improve the quality of care or the level of expertise in the healthcare field. Now that I've spoken with my mentor, I realize that not all health care facilities employ the same treatment approach for every problem. To improve catheter-

associated urinary tract infections at this facility, I plan to use nursing procedures and bundles. Policy catheters are better maintained and used in my facility because of a nurse-driven procedure. Even on my unit or throughout the facility, I've seen other new practice techniques in studies that