

Nursing Essay

Shared Governance

Excellent communication and interpersonal skills

For a graduate nurse, learning the importance of communication and interpersonal relationships is very important as they have to work as a team (Boise et al. 2015; Fischer 2017). I have realized the importance of these skills during my graduate study. I will practice better communication by not using the words like 'I', 'me' and 'my' while working together with colleagues and patients (Fischer 2017). However, these words can be used while admitting a mistake or taking the accountability of something that went wrong. In a ward, if a nurse says 'my patient wishes that' etc., this statement offers an impression that any verdict goes to that nurse only, instead of shared accountability of a team. It is also very important to be able to admit and say sorry in case of mistakes. I believe that in the nursing profession it is tolerable to be exposed to mistakes for the safety of patients. It is very important to be able to communicate with patients and their family empathetically without succumbing to burn out and pressure at the workplace. I have developed empathy and emotional intelligence as I understand their importance in the nursing profession. Many times nurses need to communicate end of life decisions to the patients and their families. Dealing with end of life patients and their family members is not easy and it needs empathy, compassion, and good communication skills.

PEP: During my internship, I admitted and apologized for my faults and errors as a team member and helped in conflict management. I communicated in a poised manner and with empathy during difficult conditions. I avoid using words I, me and my while working in a team.

Clinical Governance (CG)

Contribute to a safe and healthy work environment

CG can be described as a methodical way to maintain and enhance the quality of care given to the patients through a health program, clinical setting, health care system (ACSQH 2017; AGDH 2012). I have learned to enhance the quality and safety of health services by offering tools and resources for improved case management practices, using a methodical way for risk management; listening to patients and their families complaints, and offering a more consistent and standard health care while attending patients. As a nursing student I have learned to contribute to a healthy and safe workplace by consistently following universal precautions; by persistent use of personal shielding equipment which includes masks use where indicated, by cautiously administering injections based on guidelines, by being cautious of violence (e.g., intimidation, verbal abuse, bullying) and reporting such incidents

to nurse managers, by offering suitable body mechanics at the time of pushing, lifting, using wheelchairs with the patients, and by expressing my concerns while lifting ergonomic equipment.

PEP: During my internship, I contributed to a safe and healthy work environment through a work environment. Falls are regular issues in hospitals, especially among weak elderly patients. I contributed to minimizing such risks of falls, slips, trips among patients by eliminating obstacles, making sure that the slippery walking surfaces are cleaned up and advice them to use shoes that support walking. Another way I maintained a safe work environment was through informing the nurse manager and CNO in case policies and procedures governing safety guidelines are violated by others at the workplace. The patient and workplace safety is of paramount importance and I always followed the safety protocols and guidelines during my internship.

Self Governance

Ability to work under pressure as expected Graduate Entry Registered Nurse handling multiple tasks simultaneously

Nurses have to handle multiple tasks simultaneously and work under pressure so they do not succumb to burnout (Chuang et al. 2016; Moss et al. 2016). I have learned these facts and I am learning to develop skills like resilience and emotional intelligence (EI) to cope with such situations. Nursing profession demands the ability to handle work pressure as in many emergency and end of life conditions as they have to maintain a poised and resilient attitude (Raghubir 2018). The high workload in hospitals and inability to choose days off and work shifts may lead to stress which may impact the quality of healthcare and patient safety. In such cases, it is very important to keep the level of stress low for a practising nurse. To reduce the stress level I have decided to pursue a hobby outside my work, and practice yoga and meditation this will help me keep my stress level low and help in developing EI and resilience. These practices bring self and social consciousness and help deal with stress. EI is a basic skill which assists in a flourishing nursing career (Fischer et al. 2017; Nightingale et al. 2018). A nurse having resilience and EI will take a moment to pause and reflect before speaking or acting in a stressful condition. These qualities also assist them in communicating regarding a health issue or diagnosis to the patients and their families. This may save them to face an embarrassing situation later on.

PEP: During my internship, I developed EI through mindfulness-based meditation and the practice of yoga to stress at the workplace in an efficient manner. My strong EI and resilience helped me to refrain from making a wrong decision based on momentary feelings and assist me in working as team and professional environment even under pressure. I

learned to take criticism as a chance of learning while working as a team. This is important as under pressure there are times people commit mistakes and conflict arise as people do not want to take responsibility.