

Throughout time research has shown that ninety-five percent of diets have failed over the long term (*Overcoming the barriers to change in healthcare system 2012*). Some people who have successful diets and then later have the pounds sneak back on them (*Overcoming the barriers to change in healthcare system 2012*). The industry was looking for change through the catalysts, including patent safety and clinical quality, move toward digitization, demographic changes, workforce issues, financial challenges, and the quest for excellence (*Overcoming the barriers to change in healthcare system 2012*). The journal goes with what we learned in class because there must be planning and goals to meet the more significant outcome. The concepts from class that Ashley could easily understand were the types of planning, vision and mission statements, and goals and objectives. The reason these concepts were easy to understand was that Ashley has gone through these before. This week, concepts that were difficult for Ashley were the swot analysis and leadership roles and management functions in planned change. The reason these concepts were difficult for Ashley was that she has not been through this process yet. Of everything that Ashley did this week, she is most proud of making time for her family by going to the pumpkin patch in Arthur, taking fall family pictures, and cleaning the house. As a nursing student, Ashley has learned that she will succeed as long as she keeps her eye on the prize.

Reference:

Carolyn Pexton. (2012, March 19). *Overcoming the barriers to change in healthcare system*. iSixSigma. Retrieved October 11, 2021, from <https://www.isixsigma.com/implementation/change-management-implementation/overcoming-barriers-change-healthcare-system/>.