

**Sarah Minacci**  
**Clinical Reflection: #1**

**1. How does this clinical site relate to Population/Global Health?**

CRIS Healthy Aging is a clinical site that is very relevant to population/global health. CRIS is a non-profit organization based in Danville that works to help older adults get access to resources that help to keep them healthy and able to live in their own homes as long as possible. The primary demographic that they assist is adults over the age of 60; however, they also provide support to adults aged 18-59 with disabilities as well. They are a very important community support center that provides resources such as free breakfasts every day from 7am-9pm, home meal deliveries to qualifying individuals, free help with tax returns, and counseling about Medicare, prescription drug coverage and more. They will also send a care coordinator to do home visits to help determine a client's needs and set them up with things like a home health aid or adult day services. CRIS is also a warming center for the community, run vaccination clinics, and work very closely with adult protective services to help keep the community safer and healthier. Population health has a focus on assessing and determining needs within a specific community and working to address those needs in order to promote health and prevent disease (Assessment Technologies Institute, 2023). Community partnership is also an important part of addressing a population's specific health needs (Assessment Technologies Institute, 2023). CRIS Healthy Aging acts as an important community agency that actively

participates in health promotion for their community by working to determine the needs of the older adults they serve and provide them with the resources to live a healthier life.

## **2. How were you an engaged nursing professional during this clinical experience?**

I was an engaged as a nursing professional this clinical by arriving early and in my proper clinical attire with all the necessary paperwork required. I was actively engaged in meeting with several team members at CRIS and asked questions about their work such as how they get funding, what type of training they go through, and how they go about getting people access to their services. It was really interesting to see how nursing care related in some way to all of the different departments such as ensuring that the meals provided are nutritious, being able to recognize signs of abuse in the elderly, and understanding how different insurance types work to be able to get necessary medications and tools for their clients.

## **3. How did you or could you contribute to the service of the community through this clinical site?**

While at this clinical, we actively contributed to their work by calling clients and helping them fill out a form for a free bus pass or a reduced price license plate sticker. Being able to afford reliable transportation is an important aspect of everyday living, so it felt good being able to help these clients get access to these services. There are also lots of opportunities to volunteer at this site and help the community such as being a driver that drops off home meal deliveries, helping to package meals for individuals, or

helping to run community activities such as bingo, card games, and crafts. Client education is also an important function of CRIS Healthy Aging and the staff there help to educate their clients about insurance coverage such as Medicare or Disability, how to get prescription drugs at a reduced cost, how to obtain home health help, and much more.

#### **4. Name 3 ways this clinical site impacts community health?**

One way that this site impacts community health is by being a warming shelter. This means that homeless individuals or people without heat in their homes can come to the CRIS center when the weather is extremely cold so that they can stay warm and out of the elements. The men's shelter in the Danville area has recently closed, so the CRIS center has become even more important to the community as a place people can go to stay safe and out of such harsh weather. This site also impacts community health by providing older adults with free meals that are nutritious. Access to quality food can be extremely difficult for low-income individuals and having a place they know they can consistently go for a healthy meal is really important for their health, as good nutrition is a vital aspect of staying healthy. Lastly, this site also works very closely with adult protective services to help older adult clients get out of abusive situations and get set up with services to help them stay in their own homes as long as possible. The site will provide education and resources not only to the clients themselves, but also their caregivers so that they can live as independent a life as possible.

**5. Name 1 way this clinical site could better serve the community and why?**

One way that this clinical site could better serve the community would be to provide one or two private bathrooms for individuals to clean up and shower. The staff at the CRIS center mentioned that many homeless clients will stay at the center all day and some try to use the bathroom sinks to clean themselves up a bit. It would be really nice if these people had a real shower to use to be able to clean up and be more hygienic. Good hygiene is a very important part of staying healthy and can also help people improve their mood and feel better about themselves. Being able to take a shower is a simple thing that many people take for granted. I realize it may pose a potential safety issue to try and add this to the community center, but with the right forethought and planning, I think it could be an addition to the center that community members would greatly appreciate.

**6. What health risks are experienced by the population served by this clinical site?**

There are many health risks experienced by the population served at this clinical site. Many of the people served at CRIS are very low income or homeless so they struggle to access consistent meals, clothing, clean housing and more. Many of them also need assistance in getting medications and other services to keep them healthy. Poor nutrition and exposure to the elements leaves these individuals much more vulnerable to sickness and diseases. Plus, many of them are unvaccinated for diseases like COVID, influenza, and pneumonia. Lack of affordable medications, vaccinations, and

home health devices also puts them at increased risk for complications which may eventually make an individual no longer able to care for themselves.

### **Reference**

Assessment Technologies Institute. (2023). *RN community health nursing* (9th ed.). Assessment Technologies Institute.

**N 442**

**Grading Rubric Self Reflection Clinical Journal Post assignments-  
10 Total Points Possible**

CRITERION	POOR	FAIR	GOOD
<b>-Concise and Complete</b>  <b>Total Weight- 0.5 points</b>	<ul style="list-style-type: none"><li>- Content is incomplete.</li><li>- Major points are not clear and /or persuasive</li></ul> <b>Weight-0 point</b>	<ul style="list-style-type: none"><li>- Content is not comprehensive and /or persuasive.</li><li>- Major points are addressed, but not well supported.</li><li>- Research is inadequate or does not address course concepts.</li></ul> <b>Weight- 0.5 point</b>	<ul style="list-style-type: none"><li>- Content is comprehensive, accurate, and persuasive.</li><li>- Major points are stated clearly and are well supported.</li><li>- Content and purpose of the writing are clear.</li></ul> <b>Weight- 1 point</b>
<b>Critique of experience- Evaluation and Rationale for your comments</b>	<ul style="list-style-type: none"><li>- Organization and structure detract from the message of the writer.</li><li>- Paragraphs are</li></ul>	<ul style="list-style-type: none"><li>- Structure of the paragraphs are not easy to follow.</li><li>- Paragraph transitions</li></ul>	<ul style="list-style-type: none"><li>- Structure of the paragraphs are clear and easy to follow.</li><li>-Good evaluation and</li></ul>

<p><b>Total Weight- 1.0 points</b></p>	<p>disjointed and lack transition of thoughts.</p> <p>-Lack of evaluation and rationale for comments</p> <p><b>Weight- 0.5 point</b></p>	<p>need improvement.</p> <p>-Lack of adequate evaluation and rationale for comments</p> <p><b>Weight- 1 point</b></p>	<p>rationale for comments</p> <p><b>Weight- 2 points</b></p>
<p><b>Thoughtful Reflection- How will this affect your practice or will it?</b></p> <p><b>Total Points- 1.0 points</b></p>	<p>- Paper lacks many elements of correct formatting.</p> <p>- Paragraphs are inadequate or excessive in length.</p> <p>-Unspecific as to how this experience will impact your nursing practice or not.</p> <p><b>Weight- 0.5 point</b></p>	<p>- Paper follows most guidelines.</p> <p>- Paper is over/ under word length.</p> <p>-Lacks some specifics as to how this experience will impact your nursing practice or not.</p> <p><b>Weight-1 point</b></p>	<p>- Paper follows designated guidelines.</p> <p>- Paper is the appropriate length as described for the assignment.</p> <p>-States clearly as to how this experience will impact nursing practice or not and why.</p> <p><b>Weight-2 points</b></p>
<p><b>APA Format Correct spelling/Grammar.</b></p> <p><b>If references are used, they are in APA Format</b></p>	<p>-Lack of APA format.</p> <p>-Paper contains numerous grammatical, punctuation, and spelling errors.</p> <p>- Language <b>uses jargon or conversational tone</b></p> <p>-Lack of APA</p>	<p>- Inappropriate APA format.</p> <p>- Paper contains few grammatical, punctuation and spelling errors.</p> <p>- Language lacks clarity or includes <b>the use of some jargon or conversational tone.</b></p> <p>-Inappropriate APA citation use and</p>	<p>-Correct APA format.</p> <p>-Rules of grammar, usage, and punctuation are followed; spelling is correct.</p> <p>- Language is clear and precise; sentences display consistently strong, varied structure</p> <p>-Correct APA citation and reference page if</p>

<p><b>Total Weight- 1.0 points</b></p>	<p>citation use and Reference page if references used. <b>Weight- 0 point</b></p>	<p>Reference page if references used. <b>Weight- 0.5 point</b></p>	<p>references used. <b>Weight- 1 point</b></p>
<p><b>Analysis of how behavioral, environmental, and genetic factors impact the population served at this site.</b></p> <p><b>Total Weight- 2.0 points</b></p>	<p>-Inaccurate analysis of how behavioral, environmental, and genetic factors impact the population served at this site. <b>Weight- 0.5 point</b></p>	<p>-Accurate analysis of how behavioral, environmental, and genetic factors impact the population served at this site, but was not thorough. <b>Weight- 1 point</b></p>	<p>-Accurate and thorough analysis of how behavioral, environmental, and genetic factors impact the population served at this site. <b>Weight- 2.0 points</b></p>
<p><b>Journal submitted to Dropbox within 96 hours (4 days) of the clinical experience.</b></p> <p><b>Total Weight- 2 points</b></p>	<p>-Paper submitted to Dropbox late. <b>Weight- 0 point</b></p>		<p>-Paper submitted to Dropbox on time. <b>Weight- 2 points</b></p>

**Total Points \_\_\_\_\_**

\*NOTE: Must achieve 7.7 points to pass. This is a clinical assignment, so it must be passed in order to pass clinical.