

Clinical Reflections: #1, #2, #3, #4

See the grading rubric below:

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

This clinical site is CRIS Healthy Aging in Danville, Illinois. It is related to Population/Global Health through many programs which help people's health over sixty. Some of these programs are Home Delivered Meals, Caregiver Advisory, and Memory Support for family members who live with someone with memory problems. Craftwork also engages people in making valuable products like quilts made from donated fabric scraps. Also, Cris is helping older people who live alone in their homes and are isolated or do not have the means to go far for shopping. CRIS collects donations for people older than sixty and 18-59 who are disabled. There are free income tax services. There is a vaccination clinic. There is a program that provides brain exercises and Tech classes that teach seniors how to use a smartphone.

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

This nursing student was helping this clinical site by getting involved in the Benefit Access Program. The Benefit Access Program helps senior and disabled persons to get two discounts. One discount is called the Secretary of State License Plate Discount, which provides eligible people with a significant discount of more than 90% on license plate prices. For plates that are more than 150\$, eligible persons can get them for 10\$. Eligibility is based on monthly/yearly SS, SSI, or pension income. Seniors also can get Ride Free Transit Benefit based on income. This student had to call a list of people who applied for these benefits and take some data from them like age, income, and marriage status. The collected results were then given to the SIS caseworker to work them in more detail and start the paperwork.

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

In order to contribute to this clinical site, this nursing student could start by volunteering there. Volunteering is the best way to learn about the programs and what can be done to support the activities. This nursing student was involved in gathering information on persons who could earn discounts on

license plates and free transit benefits as a part of a regular clinical. If there were more opportunities to do different works, this nursing student would learn more and do more for this clinical site. Nursing students could deliver meals to homes or participate in packing meals for delivery. Running a bingo would be a good volunteering action.

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

This clinical site impacts the health of senior persons through fighting mental diseases like depression and dementia. CRIS Healthy Aging has a memory support program with a specialist. The specialist helps and advises people who live with someone who is having problems with memory. Also, some programs will help people to socialize and fight loneliness. The basic human need is to share their thoughts and problems. In addition to this, some programs organize older people to exercise. Keeping the body active through exercise will prevent people from gaining weight, high blood pressure, and high cholesterol. In addition to this, CRIS organizes vaccination clinics that will prevent diseases.

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

This nursing student believes this clinical site needs more volunteers than witnessed. With more volunteers getting involved in work, more people will learn what CRIS Healthy Aging stands for. Before attending this clinical site, this nursing student knew nothing about CRIS Healthy Aging. There are probably more people out there who need to learn about CRIS. The more people participate in the effort to help the community, the more successful the process could be. Also, there are many ways to advertise the place. That could help with donations and funding, considering that much of the funding has been cut lately to this clinical site.

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

The population served in this clinical site is an older population, which has old age health problems like loss of hearing, vision problems, and arthritis. Older people are more likely to have COPD, diabetes, back and neck problems. They usually live alone, have nobody to take care of their meals,

and are malnourished, with vitamin and mineral deficiencies. They need nutritious food. Besides these problems, older people are socially isolated and need someone to talk to and exchange their thoughts with other people. Some of them do not talk to other people for days. Not talking is like not thinking, which has a detrimental influence on their psychology and brain function. This situation can cause depression and dementia. For that reason, CRIS provides a place where people can gather and socialize.

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

CRITERION	POOR	FAIR	GOOD
<p>-Concise and Complete</p> <p>Total Weight- 0.5 points</p>	<ul style="list-style-type: none"> - Content is incomplete. - Major points are not clear and /or persuasive <p>Weight-0 point</p>	<ul style="list-style-type: none"> - Content is not comprehensive and /or persuasive. - Major points are addressed, but not well supported. - Research is inadequate or does not address course concepts. <p>Weight- 0.5 point</p>	<ul style="list-style-type: none"> - Content is comprehensive, accurate, and persuasive. - Major points are stated clearly and are well supported. - Content and purpose of the writing are clear. <p>Weight- 1 point</p>
<p>Critique of experience- Evaluation and Rationale for your comments</p> <p>Total Weight- 1.0 points</p>	<ul style="list-style-type: none"> - Organization and structure detract from the message of the writer. - Paragraphs are disjointed and lack transition of thoughts. -Lack of evaluation and rationale for comments 	<ul style="list-style-type: none"> - Structure of the paragraphs are not easy to follow. - Paragraph transitions need improvement. -Lack of adequate evaluation and rationale for comments 	<ul style="list-style-type: none"> - Structure of the paragraphs are clear and easy to follow. -Good evaluation and rationale for comments

	Weight- 0.5 point	Weight- 1 point	Weight- 2 points
<p>Thoughtful Reflection- How will this affect your practice or will it?</p> <p>Total Points- 1.0 points</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>Weight- 0.5 point</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>Weight-1 point</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>Weight-2 points</p>
<p>APA Format Correct spelling/Grammar.</p> <p>If references are used, they are in APA Format</p> <p>Total Weight- 1.0 points</p>	<p>-Lack of APA format.</p> <p>-Paper contains numerous grammatical, punctuation, and spelling errors.</p> <p>- Language uses jargon or conversational tone</p> <p>-Lack of APA citation use and Reference page if references used.</p> <p>Weight- 0 point</p>	<p>- Inappropriate APA format.</p> <p>- Paper contains few grammatical, punctuation and spelling errors.</p> <p>- Language lacks clarity or includes the use of some jargon or conversational tone.</p> <p>-Inappropriate APA citation use and Reference page if references used.</p> <p>Weight- 0.5 point</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 references used.</p> <p>Weight- 1 point</p>
Analysis of	-Inaccurate	-Accurate analysis of	-Accurate and thorough

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