

Service-Learning Reflection Journal

After completing the required 20 service-learning hours, students will complete a reflective journal to communicate how each of the student learning outcomes was met. Students should complete each question pertaining to each outcome.

Sarah Minacci

1. Develop a habit of critical reflection as they integrate professional values and leadership principles throughout their career. (Service Learning outcome #1)

a) Provide examples of learning experiences that met outcome #1.

I spent time volunteering at Lakeview's annual drive-thru flu clinic. This experience helped me develop a habit of critical reflection as I was able to observe and learn from my peers who were in higher semesters than myself. I got to watch the older students perform the flu injections and they also took the time to show us younger students the proper techniques for administering intramuscular injections. It was a valuable experience to watch how these older students acted as leaders to show us the skills they were practicing. I was able to reflect on how they approached patients at the flu clinic and these older students showed me the importance of leading by example and fostering a supportive environment among peers.

b) State the location of the service-learning hours.

Lakeview College of Nursing, Danville campus.

c) How did the experience will assist with future nursing practice?

While at the time I did these service-learning hours I was not yet able to perform intramuscular injections myself, it was still a valuable learning experience to observe how the older students performed the skill and how they interacted with the patients. Looking back on this experience, I can see how important the flu clinic is to public health nursing as it was a great way to try and get more people in the local community to protect themselves and get their annual flu shot. Learning from the older students also showed me how valuable it is to have peers who are willing to teach others and build each other up. I will certainly carry this with me in my future nursing practice and be sure to be the type of nurse that helps her peers and creates a supportive learning environment.

2. Incorporate an ethic of social and civic responsibility into their professional values and practice. (Outcome #2)

a) Provide examples of learning experiences that met outcome #2.

I spent many of my service-learning hours volunteering at the food bank in Urbana. During my time spent there I helped with many different tasks from re-packaging

apples and potatoes to organizing canned goods and frozen foods for individuals who needed them. These experiences helped me understand the importance of social and civic responsibility in nursing practice. By helping out in my local community, I realized how many people in the area are hungry or undernourished. Volunteering at the food bank reminded me that as a future healthcare worker, I need to be aware of the local health problems that my specific community faces and understand the challenges that they may be going through when trying to maintain their health.

b) State the location of the service-learning hours.

Eastern Illinois Foodbank in Urbana, IL.

c) How did the experience assist with future nursing practice?

This volunteering experience will assist me with future nursing practice as it made me think about how important it is as a nurse to be aware of the specific challenges my local community faces, such as hunger and undernourishment, and how this will affect their ability to lead healthy lives. I will need to be aware of each patient's individual circumstances when providing care to future patients and work with them to find solutions to help them lead healthier lives that are realistic for them.

3. Develop an understanding of the complex underlying issues impacting family, population, and community health needs. (Outcome #3)

a) Provide examples of learning experiences that met outcome #3.

For my Legacy Project in N442, I volunteered with my group at Cunningham Children's Home. While there, we learned about all of the different services that they provide to the children and adolescents in the Champaign/Urbana area. We were specifically assigned to create Epsom salt foot soak bags for their Camino's Kids to use. These children are migrant youth who have made the difficult trek to Illinois and Cunningham serves as a temporary residence for these children as they go through the immigration process. We also assisted with hanging, photographing, and organizing quilts for their upcoming Festival of Quilts fundraiser. Quilts have a long and special history within Cunningham because since its founding in 1895 handmade quilts have been donated and given to the children of Cunningham and represents wrapping them in warm, strength, and love. My time at Cunningham really provided me with a deeper understanding of the complex issues that impact families, local populations, and community health. Cunningham helps children who come from challenging backgrounds, as many of these children have experienced trauma, neglect, or other instabilities which can have profound effects on their physical, social, and mental well-being. Cunningham works very hard to address these complex challenges through a holistic approach by offering a wide range of supports such as health education and screenings, individualized education programs, safe housing, counseling services, and more. By providing these comprehensive services, this

organization is able to help children overcome their unique challenges and reach their fullest potential. Organizations like Cunningham are crucial to community health because they help to break cycles of hardship and this enables children to grow into healthier adults, which in turn helps create overall healthier communities.

b) State the location of the service-learning hours.

Cunningham Children's Home in Urbana, IL.

c) How did the experience will assist with future nursing practice?

This volunteer experience will assist me greatly in my future nursing practice. Cunningham Children's Home showed me first-hand how socioeconomic factors, trauma, and mental health can create very complex situations that impact a person's overall well-being. I believe that this experience has made me even more compassionate and has strengthened my understanding of the importance of providing holistic and individualized care to promote true well-being.

4. Develop their ability to work collaboratively in a variety of settings. (Outcome #4)

a) Provide examples of learning experiences that met outcome #4.

Volunteering at Lakeview's drive-thru flu vaccine clinic helped me to develop my ability to work collaboratively in a variety of settings. The drive-thru clinic was a unique environment where nursing skills that are typically provided in a more clinical setting, were applied in a non-traditional, community-oriented setting. While volunteering at this site, I worked alongside peers of my cohort, older cohorts, faculty, and other healthcare professionals. We had to ensure that cars lined up in an orderly fashion, we organized lots of physical paperwork, had to ensure that vaccines were administered correctly, assessed patient's both before and after giving the vaccine, and provided health education. By doing these tasks I gained skills in effective communication and adaptability, both of which were skills of great importance in ensuring that the flu clinic ran smoothly.

b) State the location of the service-learning hours.

Lakeview College of Nursing, Danville campus

c) How did the experience will assist with future nursing practice?

This volunteer experience will assist with future nursing practice because it showed me that nursing knowledge and skills are versatile and can be applied in any setting, whether it's a hospital, community clinic, or drive-thru service. This experience strengthened my ability to collaborate in different types of settings, and it showed me that the skills I am developing as a nurse are something I will carry with me, no matter where my practice takes me.

5. Learn about diverse cultural perspectives and develop a respect for cultural differences. (Outcome #5)

a. Provide examples of learning experiences that met outcome #5.

Volunteering at Cunningham Children's Home allowed me to learn about diverse cultural perspectives and develop a deeper respect and understanding of cultural differences. One program that Cunningham runs is their Camino Kids. This program specifically supports migrant refugee children in need of stable housing while they go through the immigration process. These children come from varied cultural backgrounds and each have unique experiences and challenges. Additionally, Cunningham serves children from the Champaign/Urbana area who come from all walks of life, many of which are vulnerable or impoverished populations. While there, I spent time creating Epsom salt foot soaks for the Camino Kids and helped to organize and photograph handmade quilts that are given to the children supported by Cunningham. I learned a great deal about the diverse array of individuals that Cunningham supports and this really helped me appreciate the importance of cultural competence in nursing care.

b. State the location of the service-learning hours.

Cunningham Children's Home, Urbana IL

c. How did the experience will assist with future nursing practice?

This experience will certainly assist me with future nursing practice because it taught me a great deal more about cultural competence. As a nurse, it is really important to recognize how culture can influence all aspects of a person's life from their perceptions of health and healthcare, to their lifestyle behaviors, family structures, and more. I think this experience will help me be a more culturally competent nurse who will work to create an inclusive environment with individualized care that aligns with each patient's unique values and preferences.

6. Observe organizational and community decision making styles and reflect on how these are utilized to promote health and wellness in communities. (Outcome #6)

a. Provide examples of learning experiences that met outcome #6.

Volunteering at the food bank allowed me to observe organizational and community decision-making styles and then reflect on how these are utilized to promote health and wellness in communities. Food banks are important community resources that help to address food insecurity and work to ensure individuals and families have access to meals. During my time there, I helped to package produce like apples and potatoes, I sorted canned goods, and assisted in created bins of varied frozen items for distribution. The food bank is an incredibly organized and well run organization who works with local farmers and distributors in the area to ensure that food resources are

allocated efficiently to those who need them in our local area. My experience at the food bank showed me how important it is to have collaboration between different individuals and organizations in a community. Such collaboration is essential to promoting health on a broad scale in a community.

b. State the location of the service-learning hours.

Eastern Illinois Foodbank, Urbana IL

c. How did the experience will assist with future nursing practice?

This volunteer experience will assist me with future nursing practice because it gave me insight into community health and showed me the importance of knowing local resources that I can refer patients to. Volunteering at the food bank furthered my awareness of how social determinants of health, like access to nutritious food, have a huge impact on overall health. Food banks provide very essential support, but I also learned that they often cannot supply a large quantity of fresh produce, which is crucial for maintaining a balanced diet. This will be important to consider in the future when I help create care plans for individuals who may rely on food banks. By incorporating these considerations into my nursing practice, I can better support patients' health holistically.

Meeting the service learning outcomes will meet program outcomes for graduation.
Each student must meet all outcomes.

Meeting Program Outcomes

Service Learning outcome #1 meets program outcome # 5

Service Learning outcome #2 meets program outcome # 4 & 5

Service Learning outcome #3 meets program outcome # 4

Service Learning outcome #4 meets program outcome # 1 & 7

Service Learning outcome #5 meets program outcome # 6

Service Learning outcome #6 meets program outcome # 1

Approved 4/29/2024