

Clinical Reflection: Windshield Survey/Community Assessment

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

This project relates to population/global health because by performing a Windshield Survey of the village of Milford we were able to assess the social, economic, environmental, and healthcare factors that influence the well-being of the community. Through this community assessment we were able to gain valuable insights into the social determinants of health that are affecting the local population of Milford. These types of community assessments are essential to population health because they allow for a direct observational way of identifying strengths, weaknesses, and risk/hazards within the community's physical and social environment. For example, we evaluated things such as infrastructure, road conditions, housing quality, availability of healthcare services and recreational spaces, as well as the number of local businesses and resources. By doing this, we were able to identify possible health disparities or barriers that impact Milford and from there, targeted interventions can be made to help bring about policy changes and resource allocations to improve the health of the community. Also we engaged with community members directly through interviews and were able to find out their perceptions, which is critical for designing culturally competent and community-driven health programs.

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

I was an engaged nursing professional during this project by helping my group get organized and plan the project. I helped create a google doc where we split up the project and assigned parts to each team member and I also created the google slide presentation and included what information needed to be on each slide. Once we were organized with who would complete which sections, I then organized a date for our group to travel to Milford to take photos and interview community members. While in Milford, I was an engaged nursing professional by being in my proper Lakeview uniform and I came prepared with the necessary paperwork to ask questions to the community members and obtain their signatures. I was very professional with the community members and explained the premise of the project and asked good questions to gain their perception of Milford. I made sure to thank the

community member for their time and gave them my contact information should they need it.

3. How did you contribute to the service of the community with this project?

While in Milford, we did not directly contribute to the community while we were there. Our main goal was to observe important health indicators in the village and speak with community members to gauge their perceptions as well. Now that the project has been completed though we have a better understanding of the risks/hazards that Milford faces such as low income, drug use, lack of mental health resources, and lack of gym spaces. With this knowledge, change projects could be put in place to help facilitate the proper policies, funding, and allocation of resources to address these risks in the community.

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

One way that Milford impacts its community health is by having a good amount of outdoor recreational spaces. There is a track around the football field that the community can use, there is a public pool, a playground, tennis courts, and the village itself is very walkable. Having these resources helps to promote active and healthy lifestyles for the community members. Another way that Milford impacts its community's health is its lack of public transportation. Milford does not have a public bus service and Uber and Lyft do not service the village. This can pose as a major barrier for some individuals to be able to access important resources such as grocery stores with fresh food, healthcare services, or other important resources. A third way that Milford impacts its community's health is that the local health department has a lot of really great services and programs. They have a communicable diseases program, a community health education program, immunization programs, senior care services and more. Programs like these help provide community members with the necessary information and resources to maintain healthy lifestyles. It does appear however, that out reach for these programs could be improved because it seems not enough people are aware of the programs.

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

I think a major way that Milford could better serve their community is by having a local gym or YMCA in town. Being able to have a physical recreation center to go to would give individuals in the community more opportunities to engage in physical exercise. The only gym that they currently have in town is in their local high school, but it is only accessible to the students. Physical recreation spaces like gyms are very important for maintaining community health because they provide accessible opportunities for regular physical activity, which in turn helps to prevent chronic diseases such as obesity, diabetes, and heart disease, which are the major health concerns affecting Milford. Spaces such as gyms also promote mental well-being by reducing stress and encouraging social interaction.

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

According to the Iroquois County 2024-2029 Community Health Improvement Plan, the top three health priorities in Iroquois County are substance abuse, mental health, and lifestyle promotion. They also stated that the main chronic diseases that the population struggles with are cardiovascular disease, diabetes, obesity, liver disease, chronic lower respiratory diseases and cancer. Members of the community also noted that low income, drug abuse, and lack of physical exercise are also contributing factors to poorer health of some community members. Considering their lack of a public gym as well as a lack of public transportation, these barriers could be contributing significantly to the overall health and well-being of the community.

N 442 Grading Rubric Self Reflection Clinical Journal Post assignments- 10 Total Points Possible

CRITERION	POOR	FAIR	GOOD
-Concise and Complete	<ul style="list-style-type: none"> - Content is incomplete. - Major points are not clear and /or persuasive 	<ul style="list-style-type: none"> - Content is not comprehensive and /or persuasive. - Major points are addressed, but not well supported. 	<ul style="list-style-type: none"> - Content is comprehensive, accurate, and persuasive. - Major points are stated clearly and are well supported.

<p>Total Weight- 0.5 points</p>	<p>Weight-0 point</p>	<p>- Research is inadequate or does not address course concepts.</p> <p>Weight- 0.5 point</p>	<p>supported.</p> <p>- Content and purpose of the writing are clear.</p> <p>Weight- 1 point</p>
<p>Critique of experience- Evaluation and Rationale for your comments</p> <p>Total Weight- 1.0 points</p>	<p>- Organization and structure detract from the message of the writer.</p> <p>- Paragraphs are disjointed and lack transition of thoughts.</p> <p>-Lack of evaluation and rationale for comments</p> <p>Weight- 0.5 point</p>	<p>- Structure of the paragraphs are not easy to follow.</p> <p>- Paragraph transitions need improvement.</p> <p>-Lack of adequate evaluation and rationale for comments</p> <p>Weight- 1 point</p>	<p>- Structure of the paragraphs are clear and easy to follow.</p> <p>-Good evaluation and rationale for comments</p> <p>Weight- 2 points</p>
<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</p>	<p>-Lack of APA</p>	<p>- Inappropriate APA</p>	<p>-Correct APA format.</p>

<p>Correct spelling/Grammar.</p> <p>If references are used, they are in APA Format</p> <p>Total Weight- 1.0 points</p>	<p>format.</p> <ul style="list-style-type: none"> -Paper contains numerous grammatical, punctuation, and spelling errors. - Language uses jargon or conversational tone -Lack of APA citation use and Reference page if references used. <p>Weight- 0 point</p>	<p>format.</p> <ul style="list-style-type: none"> - Paper contains few grammatical, punctuation and spelling errors. - Language lacks clarity or includes the use of some jargon or conversational tone. -Inappropriate APA citation use and Reference page if references used. <p>Weight- 0.5 point</p>	<ul style="list-style-type: none"> -Rules of grammar, usage, and punctuation are followed; spelling is correct. - Language is clear and precise; sentences display consistently strong, varied structure -Correct APA citation and reference page if references used. <p>Weight- 1 point</p>
<p>Analysis of how behavioral, environmental, and genetic factors impact the population served at this site.</p> <p>Total Weight- 2.0 points</p>	<ul style="list-style-type: none"> -Inaccurate analysis of how behavioral, environmental, and genetic factors impact the population served at this site. <p>Weight- 0.5 point</p>	<ul style="list-style-type: none"> -Accurate analysis of how behavioral, environmental, and genetic factors impact the population served at this site, but was not thorough. <p>Weight- 1 point</p>	<ul style="list-style-type: none"> -Accurate and thorough analysis of how behavioral, environmental, and genetic factors impact the population served at this site. <p>Weight- 2.0 points</p>
<p>Journal submitted to Dropbox within 96 hours (4 days) of the clinical experience.</p>	<ul style="list-style-type: none"> -Paper submitted to Dropbox late. 		<ul style="list-style-type: none"> -Paper submitted to Dropbox on time.

Total Weight- 2 points	Weight- 0 point		Weight- 2 points
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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.