

## Week 3 Journal

A)

What I learned about myself as a learner this week:

This week one thing I learned about myself as a learner is that sometimes it is better to rip the band-aid off. What I mean by this is that I often gain more confidence in my skills when I jump right in and start doing things that I don't feel the most confident. This week I started doing blood draws in my clinical to gain more experience. At first, I wanted someone to come with me and watch me do it to make sure I had a crutch in case I needed it, but I quickly realized that I felt more confident when I did it myself.

My lowest emotional response to learning activities this week:

This week I had an adverse psychological reaction when I did not score as highly as I would have liked on my ATI capstone pharmacology assessment. I knew this was a weak area of mine, but still, I was not too fond of the feeling of not scoring well.

My highest emotional response to learning activities this week:

I was doing a blood draw where I needed to get two large tubes of blood this week, and I was nervous as it was my first time doing this. I went in with confidence and successfully retrieved the two vials on the first try. I felt accomplished and positive about this experience. I now feel like I could repeat this process and would feel much less nervous.

B)

A cultural aspect of the week:

At the University of Illinois, there is a large Asian community on campus. This community hosts a festival on campus that brings together this population to celebrate their culture and customs. In light of the recent coronavirus epidemic, the University decided to cancel the celebration. This cancellation is due to reports of the origin of the virus being in Asia and the fact that many international students return home during the holidays and could be infected. The University reports that they will reschedule the festival once the threat of the coronavirus seems to be more well controlled.

C)

Sigma Nurse Manager Review

Using Evidence to Guide Decision Making and Management Practices:

- Criticisms of Evidenced-based practice: Over-reliance on randomized clinical trials, failure to include any theoretical framework in its interpretation or application phase, and potential for harm to individual patients or administrative decisions when data drawn from large populations may not reflect local characteristics.
- The best place to start a review of the current literature on the topic of interest is through systematic reviews or meta-analyses.
- Applying EBP to decision making: Local, regional, and national policies, as well as consumer expectations, all influence decision making in institutions.

Managing the Team:

- Characteristics of a successful team: An elevating goal, results-driven structure, skilled team members, joined commitment, collaborative climate, standards of excellence,

support and recognition, principle-centered leadership, and discipline.

- Understanding what motivates staff: A misconception that managers make is that the same types of rewards and recognition drive all staff members.
- Conflict Management Steps: Assess the situation, determine the level of conflict, identify an appropriate intervention, and evaluate the outcome.