Sigma Nurse Manager Modules   **2 total hours**

Facilitating Staff Development   **1 hr**

- o Work through each aspect of the module
- o In a Paragraph Form do the following activities
  - ▪ Activity #1- Pick two patient populations that are common in your area. For each of the populations, briefly answer the Patient Population Consideration questions.

1. What is the primary age groups served? Gariatric (>65) and middle-aged adults (45-65)
2. What are the most common diseases these patients have? Chronic diseases such as diabetes mellitus, COPD, CHF, obesity.
3. What are unique care requirements about the population? Health management medications, assistive devices (walkers, canes, wheelchairs, dentures, glasses, hearing aids), home oxygen.
4. What service requirements? Dialysis, radiation, chemo.
5. What are functional abilities and needs of the population? Assistance in daily living, health care access/transportation/funding.
6. What is the acuity or level of care? Most of the time acuity is a 3-4. If they have an exacerbation of COPD or CHF acuity could become a 2 or even a 1.
7. What are the psychosocial needs? Family caregiver assistance, mental health needs.
8. What are the discharge planning and/or continuum of care? Home care, follow-up appointments, monthly/yearly checkups, routine blood work.
9. What are the cultural or spiritual needs of the patient population? Specific cultural or religious preferences (Jewish, Jahova-Witness, etc.).

  - ▪ Activity #2 - Research some professional nursing and leadership organizations. Describe two organizations that you would be interested in joining. How would a membership in these organizations help you on your leadership journey?

I researched The National Student Nurses Association (NSNA) and Sigma Theta Tau International Honor Society of Nursing (Sigma). Joining leadership organizations such as these would provide one with great networking opportunities, career advancement qualifications, mentoring, and leadership development.