

NURS-FPX4905 Assessment 5 Final Practicum Hours and Reflection Journal Submissions

Student Name

Capella University

NURS-FPX4905: BSN Capstone Project

Professor Name

Month, Year

Final Practicum Hours and Reflection Journal

The conclusion of the capstone practicum is an opportunity to reflect on the experience and consolidate learning. Reflection enables the student to examine their experiences, identify lessons learned, and consider the implications for their future practice. This reflective journal documents the completion of the practicum focused on reducing heart failure readmissions, applying a structured reflective framework to analyze the experience, lessons learned, and implications for professional nursing practice.

Overview of the Practicum Experience

The capstone practicum involved analyzing the problem of heart failure readmissions, developing an evidence-based transitional care intervention, and engaging with the interdisciplinary team and stakeholders in the practicum setting. Throughout the experience, I applied knowledge and skills developed across the BSN program to address a meaningful healthcare problem.

The practicum provided valuable opportunities to integrate theory and practice, develop leadership and coordination skills, and contribute to quality improvement. By working on a real healthcare problem in a practicum setting, I was able to apply my learning in a practical context and to develop competencies that will serve me in professional practice. This integration of theory and practice is a central value of the capstone experience.

The practicum also provided an opportunity to engage with the interdisciplinary team and stakeholders, developing my collaboration and communication skills. By working with others to address the problem of heart failure readmissions, I gained experience in the collaborative, team-

based work that characterizes contemporary healthcare. This experience strengthened my ability to work effectively as part of a healthcare team.

Reflection on the Experience

Applying the Gibbs Reflective Cycle, I reflect on the practicum experience. The experience involved developing and proposing a transitional care intervention to reduce heart failure readmissions. Initially, I felt both motivated and challenged by the complexity of the problem and the scope of the project. These feelings reflected my engagement with the work and my recognition of its significance.

Evaluating the experience, I recognize that I successfully applied evidence-based practice and collaborated effectively with the team, though I also encountered challenges in navigating organizational processes. Analyzing the experience, I understand that successful intervention development requires strong evidence, stakeholder engagement, and adaptability. These insights deepen my understanding of how to address healthcare problems effectively (Gibbs, 1988).

In conclusion, the practicum reinforced the importance of evidence-based practice, collaboration, and persistence. My action plan is to continue applying these competencies in my professional practice. By following this action plan, I can build on the lessons learned from the practicum and continue to develop as a professional nurse. The Gibbs Reflective Cycle provides a structured framework for this reflection and learning.

Lessons Learned and Professional Growth

The capstone experience yielded significant lessons. I learned to translate evidence into practice, to engage stakeholders effectively, and to navigate the complexities of implementing

change in healthcare settings. These competencies are essential to addressing healthcare problems and improving care, and developing them has prepared me for professional practice.

I also developed greater confidence in my abilities as a nurse leader and advocate. By taking on a significant project and working to address a real healthcare problem, I gained confidence in my capacity to lead change and to advocate for patients. This growth in confidence and capability is a valuable outcome of the capstone experience.

These lessons have strengthened my professional competencies and prepared me for the responsibilities of professional nursing practice. The experience has deepened my commitment to evidence-based, patient-centered care and quality improvement. By developing these competencies and this commitment, I am better prepared to contribute to improving patient outcomes and advancing the nursing profession.

Implications for Professional Practice

The capstone experience has clear implications for my future practice. I will continue to apply evidence-based practice, engage in quality improvement, and advocate for patients and effective care. The skills and insights gained through the capstone will inform my approach to addressing healthcare challenges throughout my career.

The experience has also reinforced the importance of collaboration and communication in healthcare. By working with the interdisciplinary team and stakeholders, I learned that addressing healthcare problems requires the coordinated efforts of many individuals. I will carry this appreciation for collaboration into my professional practice, working effectively with others to improve care.

I am prepared to contribute meaningfully to improving patient outcomes and advancing the nursing profession. The capstone experience has equipped me with the knowledge, skills, and confidence to address healthcare problems and to provide high-quality, patient-centered care. I am committed to applying what I have learned and to continuing to grow as a professional nurse throughout my career.

Conclusion

The completion of the capstone practicum marks the culmination of the BSN program and a significant milestone in my professional development. Through analyzing heart failure readmissions, developing an evidence-based intervention, and reflecting on the experience, I have integrated my learning and strengthened my competencies. This integration of learning is a central achievement of the capstone experience.

The capstone has prepared me to deliver evidence-based, patient-centered care and to contribute to quality improvement as a professional nurse. By developing my competencies, building my confidence, and deepening my commitment to high-quality care, the capstone experience has prepared me for the responsibilities of professional nursing practice. I am ready to apply what I have learned and to make a meaningful contribution to improving patient care and advancing the nursing profession.

References

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