

To Samuel Merritt School of Nursing Admission Committee:

I am writing today to apply for your Family Nurse Practitioner program. I have always aspired and seen myself to be in the medical field, particularly in primary care. By applying to this program, I can progress with my education and be able to provide my underserved community quality care through the education and training from this program. I believe that this school will help me achieve in becoming an excellent primary care provider.

I choose to practice in an underserved community because I grew up in one. My family didn't have much when I was growing up, and my mother always referred us to a shaman when we would get sick. I was always amazed with the human body's dynamics. I was very attentive with the shaman's practices because I didn't really understand the medical aspect of his practices. I was always worried for my siblings and myself when we would go. My mother had a huge medical encyclopedia. I struggled to read it when I was in 3<sup>rd</sup> grade because I was searching for answers; thinking it would help me visualize why the shaman didn't make sense to me. After a few days of being sick and if our symptoms persisted, then that would be when my mother would take us to the doctor. Fortunately, my siblings and I weren't hurt in any way.

After I graduated from the University of Guam, I moved to California because I knew there would be more opportunities here in progressing in the medical field. I volunteered in Rideout hospital and later actually got my foot in, by landing a job at the emergency department as a registration technician. I persisted with my goal and realized that nursing would be a great chance to open many doors for me in the medical field. As I was working on my nursing education, I got pregnant. I still pursued my education while working in the emergency department, with my being a single mother who needed to provide for my daughter. It was definitely a challenge. I am forever in debt to my parents that helped me along the way.

I appreciate the time that you will allow to review my portfolio. I am hopeful that upon reading it, you would give me the opportunity to acquire the knowledge and skill that is necessary so that I could become an excellent FNP that I aspire to be.

Sincerely,

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Name Deleted

# **CHECKLIST FOR STUDENTS TO VERIFY COMPETENCIES OF THE AACN ESSENTIALS OF BACCALAUREATE EDUCATION FOR PROFESSIONAL NURSING PRACTICES**

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## **I. LIBERAL EDUCATION FOR BACCAULAREATE GENERALIST NURSING PRACTICE**

- This criteria is met through my education
  - a. Bachelor's degree in Arts and Sciences, Biology and Psychology, University of Guam
  - b. Associates degree in Nursing, Butte College
  - c. Certification in Pharmacy Technician, Yuba College
  - d. Certification in Certified Nursing Assistant, Yuba County One Stop

## **II. BASIC ORGANIZATIONAL AND SYSTEMS LEADERSHIP FOR QUALITY CARE AND PATIENT SAFETY**

- Knowledge and Skills in Leadership
  - a. This criteria is met through
    - i. My education in nursing school following leadership roles during my clinical rotation such as director of Quality and Risk Management, and director of PACU in Feather River hospital.
    - ii. My daily practice as RN at Rideout hospital. As an employee at this organization, we are updated with leadership modules and always encouraged to apply this knowledge to our customers. Effective communication is key with the providers and involving patients with their care.
- Quality Improvement and Patient Safety
  - a. Every healthcare organization is submitted to state and federal standard protocols for quality improvement and patient safety, and Rideout hospital follows this standard. As an employee, I am expected to be updated with required modules of this organization and also expected to utilize this knowledge through my daily RN practice to further improve patient safety and quality care. The focus of the Med/Surg floor that I work at this time is on improving our Stroke prevention and management, Pressure Injuries prevention, and Fall prevention. And with any prevention, education is important. I ensure that my customers have the information and resources that they need to understand the disease process and how to prevent complications in the future.

## **III. SCHOLARSHIP FOR EVIDENCE BASED PRACTICE**

- This criteria is met through:
  - a. Completion of Statistics course with a grade of C or better
  - b. Completion of nursing research in Pressure Injuries at Rideout hospital
    - i. I decided to focus my nursing research on pressure injuries because prevention of this occurrence shows the quality care a patient is receiving. About 50% of the patients that I care for

everyday are dependent on their caregiver for mobility. Rideout hospital requires this group of individuals to be turned every two hours to prevent pressure injuries. In addition, personal hygiene is important to keep the patient's skin clean and dry. I also monitor their pressure points or bony prominences because the patient's overall health could be very poor and pressure injuries sometimes cannot be avoided. Pressure injuries can be taken care of as soon as possible if the early signs of pressure injury are detected.

#### **IV. INFORMATION MANAGEMENT AND APPLICATION OF PATIENT CARE**

- As an ER registrar, I was first familiarized with electronic health record. I was the first person that the patient that walks in the ER talks to in triage. I had to make sure that I identify that right patient. Some medical staff didn't see how important that was but I did because we can pull medical history from the patient's profile. Even only a registrar then, I was helping in triage as a patient advocate to get immediate attention if the patient needed it. It was definitely a good experience working in triage with the nurse practitioner and triage nurse.
- Rideout hospital uses paragon. With paragon, I document my daily assessments, document vitals, and place doctor's orders or modify doctor's orders if given by doctor via telephone. I also received training on clinical paragon that are used by physicians to help them on the floor if they needed help. Documentation of patient care is important to provide concrete evidence of the care that the patient is receiving during their stay. In addition to paragon, I am required to be familiar with telemetry monitoring. I have to be able to recognize abnormal rhythms as they occur and respond by urgently checking on the patient.

#### **V. HEALTHCARE POLICY, FINANCE AND REGULATORY ENVIRONMENTS**

- If there's any constant in every hospital in the U.S., that is being able to follow the standards of the Joint Commission (formerly JCAHO, Joint Commission on Accreditation of Hospitals) and CMS (Centers for Medicare and Medicaid Services). I have to make sure that I follow the standards and quality measures of these entities and provide patient quality care. Rideout hospital policies are continuously being modified to follow these standards. Rideout has the majority of its community receiving Medicare and Medi-Cal such as California Health and Wellness or Anthem Blue Cross, it has to be accredited to continuously serve this community with appropriate and quality health care.

Patient care does not solely revolve around the patient. Quality care involves nurses having a safe environment. The Occupational Safety and Health Act (OSHA, 1970) to protect workers by setting standards to ensure that employees are safe in their work place. It is important that nurses are not over-worked to be able to deliver safe and quality care for their patients.

#### **VI. INTERPROFESSIONAL COMMUNICATION AND COLLABORATION FOR IMPROVING PATIENT HEALTH OUTCOMES**

- Professional communication should be demonstrated at all times in collaboration with healthcare professionals that I work with and also my patients. Healthcare providers such as some doctors can be intimidating to staff but that shouldn't hinder with your role as your patient's advocate. I want to communicate what is necessary to be immediately communicated to providers for my patient's well-being. I will repeat orders or even call back if they immediately hang up before I have cleared an order. I communicate with respect to my patients and all my co-workers no matter what profession they are in and I expect that same from healthcare providers. In addition, I make sure that my patients feel comfortable asking me questions about their care because I want them to feel involved with their care as much as possible.

## **VII. CLINICAL PREVENTION AND POPULATION HEALTH**

- Prevention of any complications from the day a patient is admitted to my care is a daily priority in my practice as a registered nurse. I prevent complications such as pressure injuries, fall, infection, intolerable pain, immobility, hospital-acquired pneumonia from occurring by providing quality care. Patients are educated about the condition that brought them to the hospital, given information about new medication that they need to start taking, or necessary surgical procedures that needed to be done. Upon patient discharge, patients are given information and resources to prevent their condition to exacerbate or prevent infection post-surgical procedure. Education and resources are important to prevention especially in a medically underserved community.

## **VIII. PROFESSIONALISM AND PROFESSIONAL VALUES**

- The way a staff communicate to his/her coworkers defines his/her professional values. Another way is how you present yourself at work. Dressed appropriate to your profession such as a clean-pressed pair of scrubs. As a nurse, I have to present as a reliable individual to my coworkers and my patients. Reliability comes hand in hand with trust. You want to be an individual that can be trusted because that is how you can build that open-communication relationship or rapport with both your staff and patients where they would actually listen to what you have to say and believe it.

## **IX. BACCALAUREATE GENERALIST NURSING PRACTICE**

- I have met this criteria through nursing school and my experience as a registered nurse at Rideout hospital. I have served with a nurse practitioner in a pediatric clinic as a part of my clinical hours as a student nurse. I continuously serve patients as a registered nurse across the lifespan although majority the elderly but Rideout hospital occasionally admits minors for surgical procedures such as appendectomies. And, I continue to serve my patients with evidence-based quality care that is ever dynamically changing for the best patient care outcomes.