This form is to be used throughout the semester. First, to document the Personal Objectives you will have for the semester, then adding to it throughout the semester in successive Interim Reports and a final or End of Course Personal Objectives Evaluation includes a summary of the process.

In the table below, enter a single objective on each line as indicated (your first submission). Below each objective are specific headings for you to enter how you are working to meet the objective, what changes you intend to make to your personal nursing practice as a result of working on that objective and the impact you expect to see as a result of your personal practice change (these notes are included in your successive Interim Reports).

Personal Objective #1

|  |
| --- |
| *The student will research and compare cost, admission requirements and program length for three nurse practitioner programs over the next two months.*  |
| The objective was met by… | *6/12:**Thus far one school has been researched which is the University of Central Florida. Notes were taken down of possible cost of the nurse practitioner program, in addition to requirements and program length. It was noted that UCF does not offer a master’s program for nurse practitioner. The last admitting class for the masters will be starting this fall 2017. This is an additional consideration. A doctoral program can take an additional two years, if going part time. Also, the cost of completing the program will be more. So, the next step to reconsider is which type of graduate program will be the best route.**6/29:**The next school which I researched for the family nurse practitioner program is at the University of Florida. Once again only a DNP program is offered. The most likely track that will be chosen is part-time due to having to work full time while in school. This will take me at least four years to complete the DNP. Also, the core of the classes is offered online, however there are some courses which will require face time in Gainesville. This is another factor that needs to be considered. At this time, the next course of action will be to compare UCF and UF to an online school such as Western Governors University.**7/17:**Georgetown University’s practitioner program is the last of the 3 schools being researched, in order to meet the objective goal. Western Governors was not researched since they do not offer a practitioner program. The full-time program at Georgetown will take about 19 months to complete or part-time will be 27 months. The difference between full time and part time is only 2 semesters. Once the program is completed then graduates will be eligible to site for the Family Nurse Practitioner certification. This is a major consideration since the program is at least 2 years shorter than attending UCF or the University of Florida. At this point in time a MSN is more appealing than DNP due to time and cost. This objective was met by completing my research on three nurse practitioner programs.*  |
| I plan to change the way I practice as a result of meeting this objective by… | *6/12:**Attending a graduate program will further develop my nursing knowledge. Thus, allowing for a more well-formed assessment skills and critical thinking. With almost two years of nursing experience completed, I still feel I can also grow my knowledge further. With each new piece of knowledge learned it continues to model my nursing practice.* *6/29:**Attending and completing a nurse practitioner program will change my practice by the way it is delivered. Currently as a bedside nurse I am carrying out orders and managing care for patients during a 12-hour shift. As a practitioner, I will see patients for possibly 30 minutes to a 1 hour, thus limiting my ability to fully educate during one visit. Thus, I will have to change the way I deliver education and how I follow-up teachings.**7/17:**By meeting this objective my practice will change in the manner of practice setting. Currently, in the hospital setting we see acute conditions or exacerbations of chronic diseases. However, as a nurse practitioner, I will have the opportunity to meet with patients, prior to any diagnosis are made. I will be eligible to work in an outpatient setting such as a family practice. What is different is the ability to provide prevention education, prior to the patient developing a chronic condition.* |
| As a result of my practice change, I expect the impact to those around me to be… | *6/12**I currently except to impact my patients the most. I will be shifting roles to an advanced practicing nurse. I will be able to provide a greater comprehensive plan of care. Also, I can impact patients outside the hospital setting through follow-up appointments.* *6/29:**I feel I will impact fellow nurses since I will become a resource to them if I stay in the hospital setting. I can become the on-call resources for the practice. Therefore, I am will be the one handling concerns and questions regarding patient’s hemodynamic status and changes that have been observed.* *7/17:**With my practice change, I expect to impact families. If I choose to deliver care in a family practice, I may be able to treat multiple family members. This will me further opportunities to develop plan of cares that could impact an entire family based on prevention and education.*  |

Personal Objective #2

|  |
| --- |
| *The student will compose a study plan for taking the CCRN certification, in addition to evaluating two CCRN books utilized for studying over the next three months.*  |
| The objective was met by… | *6/12:**As part of the study plan, I have currently enrolled in a CCRN certification review class that is offered through the hospital. The class is scheduled for the end of next month. I know I am still about 7 months away from being eligible to sit for the exam, however the hospital only offers this review class about once a year. It is a two-day class, that I hope will help me narrow my study topics.* *7/1:**Currently, I have purchased one study guide book which is the Barron’s CCRN exam. This book is equipped with a 25 pre-test which is supposed to help narrow down the subjects that need more intensive studying. In addition to review sections, practice questions are added to test the knowledge that was gained after each section. There are also 2 full-length sample practice exams.* *7/18:**The last study review book for the CCRN that was evaluated is Kaplan’s Adult CCRN strategies, practice and review. This review book offered 2 full length tests with one of them being online. This online test appears to be beneficially since I can set up my environment similar to testing for my CCRN. Overall, I am enjoying Kaplan’s test prep over Barron’s. I have been able to finish my study plan, in preparations of sitting for my CCRN at the beginning of next year. This should allow me plenty of time to prepare.* *This goal was met by devising a study plan for the CCRN and reviewing/purchasing 2 study materials.*  |
| I plan to change the way I practice as a result of meeting this objective by… | *6/12:**I feel my practice will be altered by achieving the CCRN certification because I will have a better grasp on critical care. Studying for the CCRN will allow myself to learn about evidence based practice. Being a smaller hospital, we do not receive some patient populations, thus diving deeper into a different population will expand my practice. I will have a more well-rounded knowledge about patients with critical neurological illnesses and patients with certain cardiac illnesses that we transfer to the main hospital.* *7/1:**Achieving my CCRN will change my practice in the sense that I will have validation of my nursing knowledge. Currently being only 5 months into the critical care setting, confidents in critical care knowledge is not as high, as my knowledge for the medical-surgical patient population. I feel my practice will change based self-assurance gained through the certification.* *7/18:**My practice has already started changed from working towards achieving this objective. I feel changes have included further nursing knowledge about a variety of health conditions. In addition to becoming a resource for fellow nurses. I see my critical thinking skills expanding.*  |
| As a result of my practice change, I expect the impact to those around me to be… | *6/12:**I expect having the CCRN certification will impact my practice by allowing me to become a resource for the unit. I feel having a certification in your specialty shows dedication and knowledge. Hopefully, I will be able to share my knowledge gained from studying for the certification with fellow nurses.* *7/1:**I feel patient care will be impacted based on my practice change. While I do provide optimal care and ask questions when answers are unknown, I feel with the confidence gained I will not second guess my suggestions and input on how different medications or care provided can benefit the patient.* *7/18:**With my practice changing, I feel I will be able to impact management. I will be able to make suggestions on new implementations for patient’s, through my evidence based knowledge. I can also be seen as someone who is dependable to help with implementing change or researching why the new process is important.*  |

Personal Objective #3

|  |
| --- |
| The student plans to evaluate four research articles related to sepsis and implement one evidence based practice, related to sepsis, into owns nursing practice over the next three months. |
| The objective was met by… | *6/12:**Currently, I have reviewed one article out of four. I have learned more about the pathophysiology of sepsis. I noted that our current sepsis screening, that is utilized, is a part of essential systematic observations. This allows for fast identifications of sepsis which will allow for treatment to begin sooner.* *7/1:**I reviewed two more articles, therefore I have completed three out of the four. For the two articles, I wanted to research signs and symptoms of sepsis. In addition to the difference between SIRS, sepsis and septic shock. The majority of our patient population in the ICU are in septic shock. Thus, I found this information valuable about the difference between the three categories of sepsis.* *7/19:**I completed this objective by researching my last article. Sepsis is prevalent in the patient population, that I care for. For the last article, I wanted to see how sepsis and pulmonary infections relate. Pneumonia is considered the most common reason for ICU admissions. It was also found that pneumonia is a primary kind of sepsis. This information in vital for my patient population. The majority of patients admitted for sepsis, have been found to have pneumonia. Learning more about causes behind sepsis has broaden my knowledge.* *This goal was met by completing 4 articles related to sepsis and implementing evidenced-based intervention into my nursing practice.*  |
| I plan to change the way I practice as a result of meeting this objective by… | *6/12:**Reviewing these articles will have a great impact on my nursing practice. I have a medical-surgical background, prior to transferring to the intensive care unit, we usually transferred our septic patients to higher level of care. Therefore, I did not get to experience the plan of care and the rationale behind some of the medical treatments. Thus, these articles will impact my practice by giving me a deeper insight into sepsis.**7/1:**During reviewing the articles my practice has begun to change. I am now able to better understands the protocols in place and why it is current evidence based practice. Therefore, I am starting to recognize patients that should be placed on the sepsis protocol based on our sepsis screening tool.* *7/19:**Completing the fourth article has defiantly impacted my nursing practice. I am able to recognize sepsis and the importance of starting treatment immediately. I have come to realize the rationale behind changing antibiotics once blood cultures results are received and why broad-spectrum are initially chosen. I feel my nursing practice has changed from reviewing these articles by advancing my critical thinking and knowledge about sepsis.*  |
| As a result of my practice change, I expect the impact to those around me to be… | *6/12:**Reviewing the four articles will allow me to impact my patients. We usually have several severe sepsis patients at a time. Therefore, these articles will further expand my knowledge and evidence based practice for our septic population. In turn, I feel I will have a better understanding the treatment plans for the patients and have some possible new suggestions.* *7/1:**As a result of my practice change, I will be able to impact fellow nurses. I can become a resource about sepsis and our current hospital protocol based on evidenced based practice. This will also help when I transition into the role of rapid response nurse. As rapid response when a patient becomes labeled as septic they are automatically identified and placed on the rounding list. I will be able to educate about what changes to look for in the patient if sepsis is worsening.* *7/19:**I except to continue to impact patient’s but especially family members. Family members can easily notice changes in their loved ones. It is important to educate families about sepsis and what we look for at the hospital. Some of our patients have been admitted a few times due to sepsis. Therefore, by completed these 4 articles, it has given me the knowledge necessary to educate my patients and families properly.*  |

**Reflective self-evaluation:**

Initially, I was unsure about creating personal objectives. It has been a while since I set goals for myself. However, after completed the goals listed above, I feel such an accomplishment. While the personal objectives were career based, I now have an idea of where I want to go nursing. Prior, I was just trying to find the right fit, which is why I transferred from my medical/surgical unit to the intensive care unit this year. I know now I would like to pursue education even further into a graduate program for nurse practitioner. I will be able to impact more patients and develop a whole new personal practice of nursing for myself. While my objective was met for reviewing 3 programs, I felt researching only 3 graduate programs is not enough, at this time. Therefore, I have made a new objective, listed below, to continue my inquiry.

While viewing my other two objectives, I feel I have enhanced my impact on my patients. Researching about sepsis has made a huge difference for me. While on my medical/surgical floor, we did not see patients who were considered server sepsis. Therefore, I had little knowledge about sepsis and our hospital’s policy for treatment. I have now reviewed our policy and treatment plans for patients with sepsis. In addition to learning about our hospital’s plan of action for sepsis, reviewing the four articles have given me the knowledge need to educate my patients and impact their care. More knowledge means I am able to communicate better to my patients about their condition.

My objective of planning out a study guide for the CCRN, has given me growth as a nurse. Studying for the CCRN has given me the opportunity to expand my knowledge about cardiovascular and neurological conditions. While I am practicing in a multisystem unit, we hardly receive neuro patients, our cardiovascular patients are limited to NSTEMIs and mostly chronic heart failure patients. The review study books have allowed me to freshen up what I had previously learned in nursing school and expand even further my critical thinking skills. I feel creating these personal objectives has enhance my experience in this course and enhance my nursing career. Even though I am devoting personal time to expand my career, it will be well worth it in the end.

**New objectives:**

1. The student plans to evaluate three research articles related to respiratory distress syndrome (ARDs) and implement one evidence based practice, related to ARDs, into owns nursing practice over the next 4 months.
2. The student continues to plan to research 3 additional nurse practitioner programs and to apply to 3 of the 6 programs researched, over the next 5 months.
3. The student will compose a study plan for the GRE test, which is required by some of the schools researched, in addition to evaluating two study materials over the next two months.