Identify 3 personal strengths developed in this placement.

1. Health promotion- speaking with small groups promoting a health topic

2. Communication- interacting with the population and treating them with respect. Engaging in therapeutic conversation.

3 – Compassion- This is a big one for me. My background essentially gave me lack of compassion for drug abusers due to personal issues. This placement has helped me literally overcome my barriers. I may still have strong feelings and beliefs but have been able to push them aside and provide compassionate, unbiased, nursing care.

Identify 3 areas requiring further development.

1. Learn to recognize the socio-political and economic issues in the community, which affect the client's health and health care. I was oblivious to this before. After attending community meetings, I realized there are many issues that affect the client. For an example the issue with not just welfare and lack of money, but hospital locations, how does the client get there? Many issues exist, as a nurse you must recognize the barriers and find ways over the hurdles.

2. I would like to develop further the skills of researching literature and grant writing. I enjoyed the basis of our project and really didn’t understand the importance that a good research grant could change the way a community obtains or facilitates things.

3. Time management- It is very easy while working in the community with an at risk population to let the tasks get out of hand. Possibly putting too much on the to do list. It is important to nurture the skill of time management and develop it to its fullest potential. I know I have not done this yet!