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### Nursing Roles and Practice Setting Reflection

Through processes of self-reflection, I have identified many aspects of my life that will be important in my future career as a nurse. I am a particularly driven individual; I like to push myself when I encounter challenging tasks. When thinking of a hospital or any healthcare setting, you never know what you may be presented with. Every day is filled with unexpected surprises that may be foreign territory, especially as a new nurse. As a healthcare professional you need to be able to handle problems on the spot, and I feel strongly that I perform well under pressure and in stressful situations. With that being said, I would like to further my nursing career in the Emergency Department. I look forward to the excitement that comes in this department and the fast-paced environment. Some of my other qualities are my abilities to build connections with others and be empathetic to people who may be in tough a spot. I have effective communication skills, and don't have an issue interacting with new people, even if it is an uncomfortable situation. I have always thought of myself as someone that people can talk to if they are having a hard time or need advice. I think this is such a big part of nursing because patients and the family of the patient look to you for help and advice, and I believe being able to build that rapport with them is crucial.

I previously mentioned my interest in the Emergency Department, and this is what initially sparked my interest in nursing. My aunt was an ED nurse, and she always had the most intriguing stories and I just couldn't help but imagine myself doing the same thing. I was always

impressed with the relationships my aunt was able to build with her patient in such a short amount of time. In the text: *Opportunities to care: the Pfizer guide to careers in nursing* they stress how important it is to listen to you patient, don't automatically assume they are wrong because they aren't a professional. People know their own bodies, it can be easy to jump to conclusions however, if you take the time to get to know you patient a little better you will be able to give them the best care you can give. In the ED, from what I have been told, things tend to get a little crazy to I think it is especially important to stop and listen to your patient, so you don't accidentally brush something off. Another important nursing role is to always be looking to learn. Many of the guest speakers that have spoken to our class have admitted that you will never know EVERYTHING, which is why it is essential to be open minded and always looking to further educate yourself.

Although it may seem vastly different than working in the Emergency department, I have recently taken an interest in the idea of going into labor and delivery. As I learn about pregnancy and the birth processes in many of my other classes I have been thinking about it more and more as a viable option for me. Similar to the ED there is the aspect of not know what could happen at any given moment, but I also like the idea of being able to know my patients on a deeper level, which brings me to my next point that the *Opportunities to care: the Pfizer guide to careers in nursing* book mentioned. One important message that they talked about was to not only care for the patient but to care for the patient's family as well. This would be very prominent in labor and delivery because you are helping grow families. Through this process there are so many people involved so you don't just have one patient, you are taking care of multiple people, all in different ways. As a nurse you also need to speak up if you don't know a certain skill or something of similar fashion. In

labor and delivery, you are working with newborn patients that are very vulnerable so you need to feel comfortable asking questions when something is not clear. I would love to go into the ED, yet I feel as though the experiences that I would gain in labor and delivery would be unmatched.