**The Essentials**

Student’s Name

University Affiliation

Course Name and Number

Instructor’s Name

Assignment Due Date

**Essential I: Liberal Education for Baccalaureate Generalist Nursing Practice**

The essential on liberal education primarily focuses on providing an education that intentionally incorporates multiple fields of study such as sciences and arts. Liberal education is critical to the making of responsible citizens. Currently, health care is much more complicated than it was several years ago (Gravina, 2017). As a result, nurses need necessary thinking skills, communication, and problem-solving skills. Through liberal education, one is equipped with the knowledge of human cultures and spiritual beliefs, which are essential in understanding self and others. By understanding self and others better, nurses can enhance the quality of care delivered to patients. To meet this essential, I equipped myself with the values and standards necessary to address technology, economics, and demographics changes.

**Essential II: Basic Organizational and Systems Leadership for Quality Care and Patient Safety**

The second essential primarily focuses on the role of leadership skills in enhancing quality care and patient safety. For effective decision-making, practical leadership skills are necessary (Welch et al., 2019). It is highly impossible to maintain a good working relationship and good communication without good leadership skills. In addition to enhancing leadership skills, this essential is crucial in helping individuals initiate quality improvement plans. One of the ways I met this essential was by using conflict resolution skills to solve a conflict between some of my team members. This was executed through effective communication and leadership skills. Had the conflict been allowed to escalate further, it would have compromised patient care.

**Essential III: Scholarship for Evidence-Based Practice**

The field of nursing is significantly founded on the ability to translate current evidence into practice (Mackey & Bassendowski, 2017). As a result, nurses must be in a position to appraise evidence and evaluate outcomes to identify various practice issues. The scholarship essential primarily provides a better understanding of how proof is created. Therefore, it involves aspects of how the research process is undertaken, clinical judgment, and interprofessional perspectives. Through the scholarship essential, I have collaborated with my colleagues to document, appraising, and interpret evidence to improve patient care.

**Essential IV: Information Management and Application of Patient Care Technology**

Technology plays a crucial role in a variety of sectors. The healthcare sector is no exception. Technology has dramatically been leveraged to enhance patient care and safety (Harerimana & Mtshali, 2019). Therefore, nursing graduates have to be equipped with basic technical skills such as the use of computers and also devices used to monitor patient health. In addition to having basic technical skills, this essential is focused on ensuring that nursing graduates are competent in using information technology systems to collect evidence and guide healthcare practice. Using information technology resources such as Wiki to communicate with other students with whom we handled a joint nursing project. I also equipped myself with some basic computer skills, such as the use of spreadsheets.

**Essential V: Health Care Policy, Finance, and Regulatory Environments**

Healthcare policies play a massive role in directly or indirectly influencing the healthcare system and the nursing practice. Healthcare policies dictate the nature, safety, and quality of the healthcare system (Starkweather et al., 2018). This essential is geared towards helping individuals have a better understanding of the broader aspect of healthcare. As a result, the graduate becomes more familiar with how patient services are organized and financed. Knowledge on reimbursement is also covered in this essential. It is the responsibility of all nursing professionals to engage in political processes and advocate for the nursing profession, patients, communities, and necessary changes in the healthcare system. I met this essential by virtually participating in Lobby Day 2021 to primarily learn about some of the most critical legislative issues facing the nursing profession and get an insight into the future of the nursing profession.

**Essential VI: Interprofessional Communication and Collaboration for Improving Patient Health Outcomes**

Effective delivery of patient care requires good communication skills and collaboration among health care professionals (Foronda et al., 2016). This essential primarily focuses on interprofessional education, an interactive educational approach involving two or more professionals working together to improve patient care. Through interprofessional education, an individual can join a workforce with essential competencies and communication skills that enhance patient care and safety. One of the significant ways I have met this essential is by working in interprofessional teams to handle various course projects and assignments.

**Essential VII: Clinical Prevention and Population Health**

Although acute care and disease-based interventions are good strategies for ensuring populations remain healthy, they are not enough. According to various epidemiologic studies, the health of a population is dependent on a variety of factors such as lifestyle, genetic and environmental factors (Swarthout & Bishop, 2017). Therefore, this essential dictate that several clinical prevention strategies are needed to enhance population health. Clinical prevention strategies involve counseling, screening, and immunization, all geared towards preventing the spread of health conditions. To meet this essential, I provided health counseling to some community members on the adverse effects of smoking and some of the strategies individuals can use to quit smoking eventually.

**Essential VIII: Professionalism and Professional Values**

The essential on professionalism mainly focuses on professional behaviors and values associated with the nursing practice. Nurses should possess a set of values and behaviors that enable them to effectively work with other healthcare professionals in enhancing the wellness of patients, families, and communities (Hwang & Shin, 2017). The professionalism essential also helps individuals realize the values of other health professionals and patients that directly or indirectly contribute to the health care relationship. To effectively meet this essential, I participated in a community-based organization that provides services to stigmatized drug users in the community.

**Essential IX: Baccalaureate Generalist Nursing Practice**

The essential on baccalaureate generalist nursing practice mainly describes the general nursing practice and the knowledge, skills, and attitudes acquired in previous essentials and how the nursing care of patients, families, communities, and populations in various settings. Typically, nurses are identified as a significant link between patients and the complex healthcare system (Hwang & Shin, 2017). As a result, essential IX ensures that nurses can integrate their knowledge and skills into practice. To meet this ninth essential, I engaged in an analysis of various case studies to determine the best way to organize, prioritize and delegate care for patients suffering from terminal illnesses.

**References**

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