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Reflective Journal

The course of nursing and healthcare helped me gain personal knowledge and great skills. This was a very vast subject and covered a lot of areas related to healthcare that are going to help students in their professional life. As a health care professional, I can say that this course has set a strong foundation for beginners to prosper in this field. The assessments in this class were very interesting and helpful in learning about the constantly changing trend. And how we can work towards making our healthcare system better for the community. We learned about the new approaches in practicing health care. There have been a lot of new innovations in healthcare industry shifting most of the paperwork in hospitals to computers. Online appointments, online booking and free online or email consultations has been made available for patients to save time. Minor illness can now be treated over smart phone or computer using apps like Doctor on demand and online care anywhere.

We learned about the intra-professional collaboration among the staff at any health care facility. Intra-professional collaboration is evident when nurses, physicians and other staff work togetherto best of their capabilities as a team. This is done by following some standard rules i.e. communicate with each other, share opinions and ideas, provide care,help and assist one another in order toprovide the best patient care.

We learned about the current facts about the health care delivery and clinical system and how it can be improved. A lot of positive changes can be brought by providing patient-friendly, cost-effective, quality care. The whole health caredelivery and clinical systems should be focused on patients and health care professionals to make choicescoherent with this goal.

We learned about the ethical challenges that health care professionals face on daily basis and how to be prepared for them. A good health care professional is someone who can foresee any challenge coming their way and have a plan in mind to cater with situation. We conducted a number of presentations and assignments on ethical considerations in health care i.e. protecting patient’s privacy, maintaining a strong healthcare workforce, balancing the quality and efficiency of the services.

Population health concern is another area we covered during this course. The rate at which population is growing affects thedevelopment and planning of medical facilities and community health. The effect of a growing population is huge nursing and medical services as well as on hospital facilities.

We learned about the latest technologies to improve healthcare outcomes. Compiling all of the patient’s health record and information in one easily accessible record is one of the best innovation in the recent times. This method can help reduce the chances of miscommunication. Electronic prescribing is another technology that we learned about in this course which minimizes the errors by allowing doctors to prescribe medication electronically to the pharmacy. With the help of remote monitoring tools, patients are able to monitor their health at home and save time and money.

There have been a number of discussions in the class on Health policy. Not only had we learned about the health policy of our particular State, we also compared it with the rest of world’s take on health policy. Budget, finance and delivery of healthcare, quality of care and access to it, these factors combine to design health policy. (Sean, 2017)

Just like any other sphere of life, leadership is important in healthcare as well. Healthcare providers must become leaders so that they can bring awareness regarding health. We learned about the healthcare economic models in this course. It is essential to keep a balance between quality of the services and taking care of the patients’ financial background. A good health policy covers this matter. And lastly we learned about health disparities, how we can reduce them and eventually with good health care policies, they can be eliminated. (Green, 2019)

# References

Green, A. (2019). Reducing disparities in health care . *Patient Support and advocacy* , 19-25.

Sean, C. (2017). Health care technology Advances . *Contiuum* , 209-212.