Portfolio Shell

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Author Note

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The document aims to address four major sections evidence-based practice, quality and safety, applied leadership and community and public health for creation of online portfolio. It also includes examples from personal experiences on how they are used it in everyday nursing practice.

# Quality and safety

Provision of best quality patient care is the most significant element of nursing profession. The nurses play a vital role in determining the quality of care in healthcare setting. The one of the essential components of nursing care is patient’s safety. The patient’s safety measures protect the patients from avoidable errors and harms. Being a professional nurse, my primary goal on daily basis is to ensure patient’s safety as my supreme priority and deliver greatest quality patient care.

# Evidence-based practice

 Evidence-based practice (EBP) is the science of nursing practice. EBP refers to the use of scientifically proven methodologies and research practices on daily basis. I personally prefer validating my decision for everyday tasks based on outcomes and research. For example, in an infection control case, I prefer to adhere to the evidence-based infection control policy. The practices employed for such a case include handwashing, wearing protective gloves and clothing and barrier precautions.

# Applied leadership

Leadership skills in nursing help other nurses and junior staff to work as a team and achieve a goal. The leadership skills in nurses are required for effective patient care and to improve work environment in healthcare settings. I carry strong interpersonal, communication and leadership skills which are have proven immensely helpful to me to communicate with fellow nurses, doctors, patients and their families and other staff.

# Community and population health

 Community and population health refer to facilitating the health promotion in a population by working with the community members. The nurses play a vital role in raising the health standard of a community. I play my role in community and public health by educating patients on healthy food choices and disease management. I also guide them how they can avoid certain ill-health practices to maintain the health of their children and family.