

Process Reflection

This assignment we were asked to create a mind map of an acute condition that involved diabetes and pain. Demonstrating the diagnosis, risk factors involved, interventions including caring science, medications, and prognosis. We were asked to demonstrate the relational feedback aspects of the entire process both positive and negative. As a nurse leader we need to see the complex conditions our patients have from multiple perspectives. This I believe will help us see the whole picture of our patient's disease process from treatment to discharge home to keeping them out of the hospital and in good health.

The process started by thinking of a recent patient I had taken care of for his diabetes and complications of cellulitis in his left lower extremity. I began by writing everything down that I could remember about the case. I put the information into categories such as medications, prognosis, and treatments. With the help of a software program I was able to design the structure of the mind map. The program was difficult to use at first, importing information, organizing it, and finally publishing the end product. Every time I would use it though it got a little bit easier. My aim was to work on it each week, I didn't want to wait to the last minute and try to organize and publish something this complex. Most of the work went to plan except the relational feedback loops. This aspect was the most difficult for me as the particular software I was using was not very handy at demonstrating this type of relationship between the categories.

Overcoming the obstacle of the feedback loops was a big challenge for me. Once I was able to see the mind map, I slowly started seeing the positive and negative loops emerge in my head. I realized that this is how I think and interpret information at work as well. It's just difficult to draw out all of the connections, this is one of the strengths of the mind map. It helps us not only see the patient's medical condition but the path we must take to have an optimal patient outcome and empower the patient with the knowledge and tools needed to care for himself in an empathetic way using Unitary Caring Science. Mind maps are still a tool I'm working at perfecting. The good news is that they can be utilized for anything not just patient care plans. I plan on using this software to develop mind maps to assist me with projects I have at work. We just opened up a new department at work, a Covid SDU department. I've been given the tasks of developing a welcome pamphlet for our patients and families, an enhanced job description for our PCT's and UA's, as well as donning and doffing of PPE for our medical staff that interacts with the patients on this unit. Having a mind map to organize my thoughts on these projects and future endeavors will be a big tool towards their successful completion.