

Final Portfolio

West Coast University, Ontario

Table of Contents

Professional Affiliations

References

Recommendation Letters

Community Service Hours Chart

Personal Nursing Philosophy

SMART Goals

Essentials I – IX Summary

Cover Letter

Resume

Sigma Theta Tau Nurse Manager Certificate

Final Portfolio

Professional Affiliations

NURS 497: Capstone

Professional Affiliation Chart

Directions:

- Fill in the table with your information.
- Upload in the assignment in Week 2
- Delete unused rows
- Delete directions before submitting

Organization's Name	Organization's Mission/Focus	Years Affiliated	Intended Month/Year for Future Affiliation	Brief Rationale for Affiliation with the Organization
California Nursing Student Association	“California Nursing Students’ Association is a community advancing the transition of the student to professional nurse through leadership development, education, and stewardship” (California Nursing Students’ Association, n.d.).	1 year	N/A	CNSA is a chapter of the National Student Nurses’ Association (NSNA). I joined it to learn more about leadership , career development and find job opportunities.

References

References

Jonathan Ross RN, BSN
Clinical Nurse Instructor
West Coast University
Nursing School
2855 E. Guasti Road
Ontario, Ca. 91761
(909) 467-6100
jross@westcoastuniversity.edu

Kenneth Krieger RN, BSN
Clinical Nurse Instructor
West Coast University
Nursing School
2855 E. Guasti Road
Ontario, Ca. 91761
(909) 467-6100
kkrieger@westcoastuniversity.edu

Razvan Stoian. RN, BSN
Educator/Professor
West Coast University
Nursing School
2855 E. Guasti Road
Ontario, Ca. 91761
(909) 467-6100
rstoian@westcoastuniversity.edu

Recommendation Letters



2855 E GUASTI ROAD
ONTARIO, CA 91761
PHONE 909 467 6100

November 10, 2020

To Whom It May Concern:

I am pleased to write a letter of recommendation on behalf of Seham Kazmouz. Ms. Kazmouz was in my Nursing 481 clinical group for Fall 1 2020 at West Coast University School of Nursing. The transition between Med/Surg and Advanced Med/Surg Critical Care is often very challenging to the nursing student, who has to respond to increased responsibilities over the plan of care, in addition to expectations of evidence-based clinical judgment, proactiveness, and a certain measure of independence in the management of client care. Ms. Kazmouz invested time and effort to achieve this class' learning objectives and my expectations as her clinical instructor. Ms. Kazmouz demonstrated a commitment to providing quality, evidence-based care to a variety of adult patients. Ms. Kazmouz's clinical paperwork, concept maps, and participation in lectures indicated curiosity, and excellent understanding of pathophysiology processes, as well as sound clinical judgment. She is a very quick learner and can handle complex information to promote the implementation of the nursing process.

Ms. Kazmouz has received positive reviews from clients and their families, in addition to hospital staff. She is energetic, has great time management skills, is focused on detailed understanding of patient data, and is a good team player. She is also able to apply constructive evaluation of her work in order to improve her clinical performance.

Ms. Kazmouz has high ethical standards, his indicated strong commitment to client advocacy, and has great leadership potential. Ms. Kazmouz will have a great nursing career and will distinguish herself as a student and a registered nurse

Sincerely,

Kenneth Krieger RN, BSN
Clinical Nurse Instructor I
West Coast University



Los Angeles
Orange County
Ontario
Dallas
Miami



To Whom It May Concern,

Seham Kazmouz was a West Coast University student of mine through our clinical rotation at Cypress Gardens, Spring 2019. During our shifts together, Ms. Kazmouz showed great passion and drive as she paired up with CNA's LVNs and RNs throughout the term. She immediately built strong rapport with the individuals that she was paired up with, and with the very complicated patients that were presented to her. Seham worked diligently to develop her knowledge of her medications, pathophysiology, nursing skills and the nursing process. She also showed a quick and ever-growing understanding the pathophysiology of her patients and prioritizing their treatment and care in conjunction with physicians' orders. Above all, Ms. Kazmouz presents an extraordinary and tireless compassion and empathy for her patients, revealing a gentle and wholesome concern for those she treats, bringing an unteachable warmth and comfort to those in her care. Seham Kazmouz will make a fantastic addition to any healthcare team and has my recommendation for future employment.

Highest Regards,

A handwritten signature in black ink that reads "Jonathan Ross" with a stylized flourish at the end.

Jonathan Ross, R.N., B.S.N., M.S.H.A., P.C.C.N

Community Service Hours Chart

NURS 497

COMMUNITY SERVICE HOURS

Organization or Company's Name	Address or Location	Activities Performed	Hours Completed
Coachella Vally Cardiology	1180N . Indian Canyon Drive , Suite W-304 Palm spring ,CA, 92262	Apply the nursing process , Evaluate patient's problem, Answer the phone , preform vital sign , instructing patient about medication , Demonstrate effective communications skills when dealing with the patient and family	100 Hours
Cumulative number of hours:			

Personal Nursing Philosophy

Nursing Philosophy

Nursing

Nurses do their duties As professionalism. Nurses should have kindness and understanding. They need to be respectful to others. As a professional nurse we are able to care for others no matter what their lifestyle , background and culture , give others a fell of dignity , They also need to give the same quality care regardless of race, religion ,sexual orientation or economic status.Nurses need to help their patients without any prejudice or personal bias.

Environment

As professional Nurses we are responsible for patient safety and care.Patient safety It is number one in quality health care . Working as a team with compatible delegation to confirm a safe environment for the patients . Maintaining a safe environment shows a level of the caring for patient . make safety environment for patients it is develop the trust and the healing .

Client/Patient

Nursing is the process of helping patients to maintain their health or help them to recover after surgery or holding patients hand with end of life moments. if the patients not able to walk or move due to their illness we As nurses help them until they heal. we should treat patients like family and provide the top care of them without any bias. treating the patients as a family member's shows the commitment in nursing ethical .

Health

As a nurse our goals to care for all the patients in an equally manner, with respect .Health it is an important and big grateful thing in the people life . it means a-lot to me , its physical, mental and social but for other people it mean different depending on their health issue . Nurses are trying their best to keep the balance of professional responsibility and moral obligations to maintain the ethical situations .

Goals

Professional Nursing Short-Term Goal 1

1. By February 29, 2020, I will pass my NCLEX-RN on my first attempt
 - a. The way to accomplish my goal is by taking multiple NCLEX questions at least 90 questions a day , getting “green light” program , read the books and, review my notes , starting December 5, 2020.

Professional Nursing Short-Term Goal 2

2. By January 1, 2020, I will apply to new grad program.
 - a. I will achieve my goal by complete my resume next week and email it to the career service to review it and help me make any correction . Then applying on December 23, 2020.

Professional Nursing Short-Term Goal 3

3. By January 29, 2020, I will pass my exit exam
 - a. The way to accomplish my goal is by studying the ATI book by January 14, 2020, practice ATI questions 100 a day , study my PowerPoint note, review the question rational ,and starting December 4, 2020.

Professional Nursing Long Term Goals 4

4. By July , 2023, I will advancing my education and get my Master’s degree
 - a. I will achieve my goal by getting my BSN licenser April, 2020 , work for ER for two years , and apply on February , 2023.

Professional Nursing Long Term Goals 5

5. By March 4, 2021, I will apply for travel nurse
6. I will attain this goal by looking for the requirements for nurse travel , gain experience in ER department , learn Spanish language . I will apply travel nurse on march 27, 2020.

IX Summary

Essential III: Why professional nursing practice grounded in the translation of current evidence into practice?

Evidence-Based Practice (EBP) refers to a conscientious, judicious, and explicit way of using current-based evidence to determine the patients' medical care. Therefore, it is a combination of an individual's clinical expertise about the external evidence from well-organized research. EBP has continued to develop new integration of research as evidence, patient's situations, clinical expertise and practice characteristics for health professionalism (Horntvedt et al., 2018).

Professional nursing is a continuing process being advanced through the translation of current evidence in practice. The recent evidence enables nursing professionals to offer adequate care, improving patient outcomes. The evidence also encourages attitude inquiry in health professionals, which prompts them into thinking: why am I doing this in this way? If there is evidence that can guide me to do things more effectively? EBP also ensures that finite health resources are not misused and that decisions are made based on current evidence.

Essential III is the "Scholarship for Evidence-Based Practice, which stipulates that essential baccalaureate graduate scholarship involves practice issues identification, appraisal and integration of evidence and evaluating the outcomes. For care practitioners, baccalaureate nurses are positioned to assess the patients' outcomes and determine practice concerns. I met requirements for essential through the BSN program by doing courses that enabled me to

understand EBP by explaining the interrelationship between theory and practical work.

Furthermore, I learned evaluating sources for credible information by understanding the essential elements of research models and practices. For example, my final assignment in Research Nursing involved applying EBP, credible scholarly resources, and analyzing the importance of research paper in solving medical problems.

Essential IV: Knowledge and Skills in Information Management and Patient Care

Technology.

Health Information Management is essential for healthcare providers in their goal of delivering quality health care. Information management involves medical coding and billing, which should comply with government regulations and handle patient's information. Health information also includes medical records retention and transition to electronic formats and analysis of health care trends and improvements implementation. An organization must develop information management departments to oversee these essential requirements for information, adhere and manage training and education to staff. Information management is essential for every healthcare organization, as every organization has an ethical responsibility for protecting personal health information in their possession (Hitt & Tambe, 2016). A focus on information management will allow a healthcare organization to attain quality patient care by increasing efficiency and optimizing health information system access and other significant aspects of revenue cycle management.

Essential IV analyses Information Management and Application of Patient Care Technology. Information and patient knowledge of care technology are important in preparing the baccalaureate nursing graduates to deliver quality patient care. Graduates must acquire basic competence in technical skills and application of patient care technologies for patient care. Cost-effectiveness and safety improvement rely on evidence-based practice, inter professional care coordination, outcomes research, and electronic health records, all of which comprise information management and technology. The West Coast Nursing program has helped me attain essential by learning about technological systems and improving the nursing system. In Issues and Trends in Nursing course, NURS 440, I did an Intelligent Hospital Pavilion ICU video analysis assignment that provided relevant, useful information on the ICU department's trending information management.

Essential V: Importance of Healthcare Policies in Professional Nursing Process.

Healthcare policies are essential for considering healthcare organizations to ensure compliance with state and federal laws and regulations. Health policies are essential to the patients at the organization since they diminish any legal liabilities. Procedures and policies are needed to standardize health services across the organization. They offer the staff member's clarity on their day-to-day activities and responsibilities (Leahy, 2019). Every policy needs to set clear expectations on the ways of doing things. In turn, the caregivers will utilize the general plan of action to streamline internal processes. The effective manual policy helps an organization focus on patient outcomes and offer the best possible care to patients.

Essential V states, "Healthcare Policy, Finance, and Regulatory Environments." Healthcare policies share responses to global, national, local and organizational issues of equity, access, affordability, and social justice in healthcare. Healthcare policies also are important for any discussion about safety and quality in the practice environment. The baccalaureate-educated graduate needs to have a solid understanding of the broader context of health care, including how patient care services are financed and organized and how reimbursement gets structured. There are different courses that I have done in the WCU nursing program that provided adequate information on policy, including Issues and Trends in Nursing Course, NURS 440. The course had a Do Not Resuscitate (DNR) scenario that offered a chance to learn about advance directive policies.

Essential VI: Communication and Collaboration Among healthcare professionals

Communication is the interchange of thoughts, information or opinions speech, signs, or writing. The nurse should consider communication as not just in verbal form. Spoken words communicated in healthcare organizations contain crucial information, and their meaning and interpretation may be influenced by the delivery style. Critical information is often transmitted through handwritten notes, text messages, or emails that may result in serious health consequences (White, 2019). Collaboration between nurses, physicians, and other healthcare professionals maximize team members' awareness of all kinds of skills and knowledge, leading to continued improvement in decision-making. Effective communication amongst staff encourages effective teamwork and promotes clarity and continuity within the patient care team. Good communication facilitates collaboration with patients helping prevent errors and fosters teamwork.

Essential VI states, "Inter-professional Communication and Collaboration for Improving Patient Health Outcomes." All health professions are challenged to educate future clinicians to deliver patient-centered care as inter-professional team members, stressing communication, quality improvement approaches, informatics, and evidence-based practice. Teamwork amongst healthcare professionals is linked with delivering safe and high-quality patient care.

Collaboration is based on complementarities of the role along with comprehending of the functions. WCU aided me to achieve Essential VI from all courses, from NURS 110 to NURS 498. In all nursing courses, there was an emphasis on communication, along with increasing

competence. For example, in NURS 110, I managed to learn and do the UAP scope of practice; this allowed me to utilize my skills through the scope of practice.

Essential VII: Importance of Health promotion and disease prevention at individual and
population level

Disease prevention is individual-based and population-based interventions aimed at reducing the burden of diseases and related risk factors. It is an important component of nursing practice. It seeks to avoid disease manifestation as they include actions that enhance health by changing the impact of health's economic and social determinants. Also, disease prevention involves early detection that helps to improve favorable health outcomes chances. Health promotion refers to the process of empowering people to maximize control over their health and its determinants through health literacy efforts along with multispectral action to optimize health behaviors

(Tesser & Norman, 2016). Health promotion is equally important as it addresses behavioural risk factors like obesity, tobacco use, diet and physical inactivity, mental health areas, drug abuse control, injury prevention and sexual health. Health promotion and disease prevention share many goals.

Essential VII states, "Clinical Prevention and Population Health." According to epidemiological studies, genetic, environmental, and lifestyle factors are critical determinants of population health in mortality, illness, health, disability and disease. Hence, acute care and

disease-based episodic interventions alone are not enough for enhancing health. Health promotion together with disease prevention are essential throughout the lifespan and comprise helping individuals, groups, communities, families, and populations prepare for and reduce health implications of emergencies, including mass casualty disasters. WCU has assisted me in attaining this essential through difference courses within the nursing program for instance; NURS 316L, Expanding Family and Community (OB) Practicum offered me an opportunity to conduct patient education session at clinical level with a patient suffering from depression. I was able to facilitate patient recovery through clinical prevention.

Essential VIII: Professionalism and the inherent values of altruism, autonomy, human dignity, integrity, and social justice in nursing

In nursing practice, values are essential in guiding professional and personal behaviors. Caring is connecting as well as being with another person. Caring creates the environment for actualizing the importance of altruism, autonomy, social justice, integrity, and human dignity. In professional

practice, altruism is reflected by nurses' advocacy and concern for patient's welfare and other nurses and healthcare providers (Baillie, 2017). Autonomy refers to the right to self-determination. Professional practice reflects autonomy when the nurse respects the patient's rights to decide their health care. Human dignity is respect for the uniqueness and inherent worth of individuals and populations. Human dignity concern is reflected once the nurse values and respects all patients and colleagues in professional practice. Integrity is acting according to the code of ethics and accepted established standards. It is reflected when a nurse is honest and offers care based on an ethical framework that is accepted within the profession. Social justice is acting according to fair treatment despite economic status, age, disability, age, sexual orientation, and citizenship.

Essential VIII states, "Professionalism and Professional Values." The critical argues that inherent in professional practice is a comprehension of nursing practice's historical, contemporary, and legal context. Professionalism also comprises accountability for oneself and nursing practice, including lifelong learning and continuous professional engagement. Nurses are responsible for individual nursing practice and determine the appropriate task delegation consistent with the nurse's obligation to offer optimal patient care.

. **Essential IX:** How a baccalaureate graduate nurse is prepared to practice with patients across the life span and the continuum of healthcare environments.

Professional nurses are argued to be the human link between the complex healthcare environment and the patient. Hence, they are required to offer compassionate care informed by a

scientific base of knowledge comprising current proof from nursing research. The baccalaureate graduate shows clinical reasoning within the patient-centered care context for nursing practice based on ethical values (Ortiz, 2018). There is an emphasis on knowledge acquisition linked to illness, wellness, health promotion, disease management, and palliative care to manage the variation of care. Additionally, the acquisition of psychomotor and communication skills is also considered critical in offering nursing care.

Essential IX explains, "Baccalaureate Generalist Nursing Practice." It describes generalist nursing practice at baccalaureate nursing education completion.

The essential comprises practice- focused outcomes that integrate the attitudes, knowledge, and skills that explain all essentials into the nursing care of individuals, groups, and families in various settings. Therefore, nurses need to be prepared to care for multiple patients across the different lifespan. I achieved the essential by presenting various care plans for patients with a medical condition and others during their nursing experience. Through this, I conducted patient-centred, evidence-based, and compassionate care with various patients and healthcare team members.

Summary

The Essentials of Baccalaureate Education for Professional Nursing Practice have changed the way healthcare is provided in the United States of America for BSN graduates by providing a standard across the board when it comes to patient safety, patient interaction, and patient care as a whole. With the BSN essentials it is possible to learn the importance of patient advocacy and presenting quality care to ensure the best for

patients as well as their loved ones. “Historically, the nursing role has emphasized partnerships with patients – whether individuals, families, groups, communities, or populations – in order to foster and support the patient’s active participation in determining healthcare decisions (American Association of Colleges of Nursing. 2008)”. These essentials give student nurses the ability to provide health care to a wide variety of individuals in many different settings. Improving nursing practice and healthcare on a global scale in order to adapt to the diverse population that radiates across the USA. Advances of technology, scientific advances, as well as need for patient access to healthcare information have helped shape the way Baccalaureate students are educated and trained. “The fundamental aspects of generalist nursing practice are: direct care of the sick in and across all environments, health promotion and clinical prevention, and population based health care (American Association of Colleges of Nursing. 2008)”.

References:

- Black, B. P. (2017). Professional nursing: Concepts & challenges (8th ed.). St. Louis, M O: Elsevier.
- American Association of Colleges of Nursing. (2008). The Essentials of Baccalaureate Education for Professional Nursing Practice. Washington DC: Author. Retrieved from <http://www.aacn.nche.edu/education-resources/BaccEssentials08.pdf>
- Baillie, L. (2017). An exploration of the 6Cs as a set of values for nursing practice. British Journal of Nursing, 26(10), 558-563. doi:10.12968/bjon.2017.26.10.558
- Hitt, L. M., & Tambe, P. (2016). Health care information technology, work organization, and nursing home performance. ILR Review, 69(4), 834-859. doi:10.1177/0019793916640493

Hornthvedt, M. T., Nordsteien, A., Fermann, T., & Severinsson, E. (2018). Strategies for teaching evidence-based practice in nursing education: A thematic literature review. *BMC Medical Education*, 18(1). doi:10.1186/s12909-018-1278-z

Resume

SEHAM KAZMOUZ RN.BSN

kazmouz.seham@yahoo.com

818-300-3299

Ambitious new BSN graduate striving to broaden my leadership qualities and improve the standard of healthcare within a diverse community. I am a devoted and dedicated Registered Nurse with a sense of compassion and integrity, and a patient advocate who will maintain safety, dignity and comfort

Skills

Cool and collected under pressure
Extensive human anatomy knowledge
Time management

Proficient speaker of [\[English\]](#) and [\[Arabic\]](#) Critical thinker
Microsoft Word, Excel,
PowerPoint
Flexible

Experience

•
Nursing certificate assistant : Desert regional hospital - palm spring, ca I started on 6/26/2017 I worked for 2 years and then I quit my job to focus in my nursing school .

Education and Training

Bachelor of Science in Nursing

West Coast University, Ontario CA
Nursing GPA 3.75
Dean's List 2018-2020

Membership: *California Nursing Student Association (CSNA)*
Membership: Sigma Theta Tau

Associate of Arts, nursing : college of the desert – palm desert, CA I graduated from college of the desert associate of art
Dean list Academic Achievement Award
3.2 GPA

LICENSE and CERTIFICATIONS

CA Registered Nurse License :
BLS - Basic Life Support - *American Heart Association*
ACLS - Advanced Cardiovascular Life Support - *American Heart Association*
ECG Certification - *college of the desert*
CNA certified

PROFESSIONAL EXPERIENCE

Sigma Theta Tau Nurse Manager Certificate

Certificate of Completion

Sigma Theta Tau International Honor Society of Nursing officially acknowledges that

seham kazmouz

has successfully completed the

Nurse Manager Certificate Program

12/7/2020

DATE



Sigma Theta Tau International is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.