

NRSG 4210: Health: Transitions

Worksheet #1:

Health and Transitions in your Personal Practice

Take a few minutes to reflect on your current knowledge and skill base, and what your learning needs are to be able to function optimally within the changing health care system.

1. List the transitions that you have personally experienced in your nursing education related to health, health care, and nursing. Comment on the impact these transitions had on the parties involved..

2. Which population groups (based on growth and development, lifestyle, common health challenge, etc.) do you feel the most prepared to care for within the changing health system. Why?

3. Is there a particular group that you feel VERY confident about caring for? Why?

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4. Which population groups do you feel unprepared to care for within the changing health system? What do you need to learn or do to feel prepared to care for these groups?

5. Summarize what you now know about the following topics:

a) Social determinants of Health:

b) Health Assessment Models

c) Health Promotion and Prevention

d) Community Health Agency structures

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e) Epidemiology

f) Capacities of Communities to achieve health

6. Which population group do you plan to focus on the most in Semester 8? Why?