NEW LEVEL 4 EXAMPLE

Clinical Advancement Program Narrative

Anthony Scalise III September 11, 2022

The focus of the Clinical Advancement Program (CAP) is to provide Patient and Family Centered Care to optimize patient outcomes and to support Upstate's mission. There are five essential values that specifically support Upstate's mission and augment our clinical nursing practice. Those values are Education, Professionalism, Resources, Collaboration & Holistic Care. Upstate has truly taught me how to embody these values, which in turn has led to enhanced patient care.

**EDUCATION**

Florence Nightingale once said, "Let us never consider ourselves finished, nurses. We must be learning all of our lives." This statement resonates strongly with me because I truly believe it to be accurate. As nurses we are required to go through intense forms of education, and we are consistently required to refresh our education for the advancement of patient-centered care. In addition to educating ourselves, we are charged with educating our patients day in and day out. I take special consideration to sit down next to my patients and to explain their conditions and hear out any concerns they may have. It is quite clear that well-defined patient education has shown to decrease re-admission rates and improve patient outcomes.

Following my completion of a dual bachelor's degree in Biology and Nursing, I immediately began working at this grand institution. I have since "Never stood still", as my college alma mater stated. In my time at Upstate I have taken on additional educator roles that have positively impacted my career here. I have had the unique experience of expanding my AHA BLS Instructor role to include ACLS, while working with other nurses, paramedics and residents who also instruct at Upstate EMSTAT. In addition, **in** just under two years at Upstate, I

have become a TNCC instructor. This is by far my favorite instructor role as I have a passion for Trauma both in the hospital as a nurse and in the field as an EMT.

I have had the pleasure of learning from so many amazing healthcare professionals here

at this institution and it is my goal to never cease to continue to pass along the great knowledge instilled in me. To farther my own personal education and to improve the care I provide to my patient's I challenged myself to obtain a two separate Board Certifications in Nursing. After a year of working in the Adult Emergency Department I successfully passed my CEN exam, and almost a year later, I was able to complete my CCRN exam. These board certifications empower me to be a better nurse in all aspects of care.

Prior to leaving the Emergency Department I was tasked with precepting incoming nursing students who needed to complete their transitional experience. I thoroughly enjoying sharing my knowledge and experiences with the few nurses I had the opportunity to work alongside. One student stated that she felt as though she learned more from our time together than her entire nursing school combined. Its compliments like those that make you feel like you're truly making a difference as a nurse and as an educator.

Finally, my aspirations have led me down a path which finds me back in school for my Masters of Family Nurse Practitioner at SUNY POLY. I am so excited to become a healthcare provider and to instill additional knowledge to fellow nurses and my patients.

PROFESSIONALISM

Nursing is a profession unlike any other; we are charged with providing care to an individual regardless of race, ethnicity, background, religion, behavior, and attitude. We treat patient's when they are at their absolute worst. It is because of this, that nurses may be subjected.

to an angry patient, an emotionally disturbed patient, a crying patient, or an uncomfortable patient. In any and all of those circumstances the nurse is required to stay calm and professional in an effort to diffuse the situation, and to be there for the patient.

In my short time in the Emergency Department, I experienced so many unique situations where I was challenged by my patients, and I believe I remained professional in every aspect of my care. President Obama once said, "Your days can be stressful and exhausting and sometimes thankless. But through long shifts and late nights -- in the hectic scrum of the emergency room, or in those quiet acts of humanity you are saving lives, you are offering solace, you're helping to make us a better nation." This statement truly sums up the emergency room experience and ties in the incredible undertaking for an ER Nurse to maintain the highest level of professionalism.

As an RN in the Emergency Department, I was asked to work alongside doctors from

every specialty to provide collaborative patient care. This role requires excellent communication skills to demonstration proper professionalism among each of these services. In a similar fashion, as a Support Pool RN in the Intensive Care I must work with every specialty to provide a more concise and thorough patient care experience. In this new role, it is important to remain professional with the family members of the patient's who are viewing their loved ones in a very critical state. I take pride in the fact that I take time to call family members and update them on their loved one's condition. Specifically, I have arranged countless meetings with families, Palliative care, and the primary treatment team to create a unified outcome for the patient.

**HOLISITIC CARE**

One of my favorite quotes from an amazing woman, Maya Angelou said, "As a nurse, we have the opportunity to heal the heart, mind, soul, and body of our patients, their families and ourselves. They may forget your name, but they will never forget how you made them feel." The final and far from least important, nursing core values is Holistic Care. Maya's statement goes hand-in-hand with the idea of 'holistic care'. Everyone may have their own definition, but we all can agree it is treating a patient far beyond their injuries and symptoms.

Nursing is not just about pushing meds and following orders on a screen, it's about sitting next to your patient when they are crying due to a new cancer diagnosis. It's about updating family members who can't come in to see their loved one diagnosed with COVID and is critical. It's about staying late to make sure your patient who's scared and traumatized feels safe and secure. Nursing goes beyond all paper expectations and sets standards that are unfathomable. I truly consider myself blessed to have been the nurse in all of those previous statements. The ability for me as the nurse to provide 'holistic care' to my patients is arguably one of the most important aspects of my job. I was once told by a charge nurse that I advocate for my patients more than any other nurse that she has met. Such a statement resonates with me because through both professional and personal hospital experiences, the ability for an excellent nurse to advocate for a patient's care is second to none. I have educated physicians on the importance of consulting Palliative Care for my patients who are not dying but need to be made more comfortable (pain management, etc.), and who need the support, to link the family together in the care plan of care.

End-of-life care is one of the hardest aspects of nursing care. I believe it to be one of the

most difficult parts of my profession. Since starting in nursing, I have been told it only gets easier. I personally don't believe that to be true. Each individual handles death in a different way.

There have been times that I have sat with terminally ill patients, who have no family or friends, and they have been made comfort care. One gentleman said I'd like to watch All in the Family on the iPad in the room. I spent 2 hours of my shift just watching Archie Bunker and laughing alongside the patient in his final hours. These are moments I will never forget as nurse.

In summation, the three most impactful core values to me are Education, Professionalism and Holistic Care. All five have molded me into the nurse that I am today. I consider myself to be one of the luckiest nurses in the world to have started my career at Upstate University Hospital, and I hope to continue to advance my career forward here at this institution.