**Reflective Journal Week 1**

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NRS 493

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I am so excited to be so close to the end of my BSN journey, it is definitely an accomplishment for my personal and professional growth as a nurse.

This journey has been challenging, especially trying to balance family and still working as a full time nurse. This program has allowed me to look at situations differently now then I did before.

I met this week several times with my mentor, who I look up to as a nurse, so I am so happy to be working with her in my place of work. My pre-conference form was signed by my mentor with no concerns about the requirements. I first went over my Individual Success Plan for the next 10 weeks throughout this course. After she reviewed the plan she signed it for me to turn in. We had a good conversationin person about the few ideas that I had for my Capstone topic. She advised me on those topics and helped me to narrow it down to 3 topics for my change project. I want to focus on hand washing, and wearing N95 during the pandemic. My second topic is falls, we work on Medsurg-tele/ortho floor and have few elderly patients admitted with hip fx who need hip/knee surgery after a fall. My third topic is pressure ulcers which is very big on the floor. The first discussionquestion this week was super helpful in that we were able to as a class share and **collaborate** about different research databases to use for this class. I look forward to seeing what next weeks objectives bring to the table and to continue working on this change project topic.