

Nursing

Name:

Instructor's Name:

Course:

Date:

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The aim of developing this plan is to aid in the smooth transition as one moves from being a student to one's chosen career path. For this paper, the author will interview a clinical nurse specialist whom I look up to become once I have completed my degree. From the engagement with the clinical nurse specialist, it was evident that some of the activities that I will be involved in will majorly involve providing health care to individuals at all stages of life. The clinical nurse specialist assume a unique role that details them being experts in evidence-based nursing as well as practice in several areas of specialty that include; geriatrics, oncology, pediatrics, psychiatric or even mental health, adult health, acute or critical care, along with community health (Williams, & Jordan, 2007). The clinical nurse specialists are additionally involved in educating, counseling, seeking advice, research, management as well as systems enhancement. I learnt that as I look to join this area of nursing, I will need skills that will enable me to adapt across settings where I will be expected to significantly impact outcomes through provision of professional consultation to all health care providers as well as through implementing enhancements in healthcare delivery systems. My education up to this point has prepared me to give comprehensive as well as effective healthcare that is not limited to physical treatment but involves the mental as well as emotional care of patients. Importantly, I will need to input these skills among others and refine them so as to aim to employ the most cost-effective approach as regards the delivery of the highest quality of healthcare. Importantly, I will be able to practice separately, yet apply collective practice and team-founded health care in a diversity of health care situations.

My major short term goals will include; graduating with a degree as a clinical nurse specialist by the year 2019; and becoming a registered health professional by the spring of 2019. On the other hand, the long term goals will include but not limited to; providing acute and

preventative healthcare for patients of all ages; continuing to enlarge my expertise and knowledge as a health care provider by advancing my education levels; and striving to become a leader in my field with patients as well as fellow colleagues through enlightening others as well as carrying on my own education, possibly through taking up a Doctorate of Nursing Practice. As regards the selection of a mentor, while selecting the nurse that I will use for this paper, I will look at someone who can guide me through my practice of nursing in the future. Hence, my mentor will be from the area of clinical nurse specialist which is the area I hope to pursue in the near future (Jokelainen, Turunen, Tossavainen, Jamookeah, & Coco, 2011).

Importantly, balancing the requirements of a busy lifestyle is never an easy thing to although it is clearest managed through constantly reviewing as well as assessing ones priorities (Keating, 2014). While looking to pursue the clinical nurse specialist Master's level, I will look to also balance between my work at the hospital, school and family time. This will be enabled through having a clear plan of all the three priorities as they are important and allocating the essential hours that they need. For instance, I plan to majorly concentrate on my personal and family life over the weekends so that I am able to rest and catch up with family members as opposed to adding more working hours or taking up more of my resting hours for study. On the other hand, times allocated for learning will be mostly after my shifts where instead of going to hang out, I will take time to read through the course work and do my assignments. Through maintaining this kind of a work-life and school balance, I will be able to reduce stress levels at all places; have greater focus and attention on a specific activity at a specific time; have the opportunity to completely participate in family and social life, have additional time to pursue individual goals as well as hobbies and at the same time have good health and sophisticated levels of job satisfaction.

Some of the strategies that I will look to develop as I seek for professional development will include; ascertaining my passion as well as interests; not being discouraged in the scenario that life situations bar me from reaching the set goals; being conversant with the current happenings in the nursing practice, surrounding myself with colleagues who impact my life positively; presenting myself as a professional role model for nursing who places individuals first and coming up with a resume that details my talents.

Conclusively, the attainment of short term goals will permit me to pursue my career aspirations slowly without becoming overawed with the long-term objective. As I look to pursue the clinical nurse specialist Master's level, I look forward to using my education, my mentors' advice, and little experience among others to offer the highest quality health care to the people. My personal career development will look to enhance what I already possess and take me to the next level of nursing practice.

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References

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