**UMKC MSN Competencies**

**• Critical Thinking**

Critical thinking is essential when providing care for our patients. I believe I am competent as a beginner PSMNP because I have learned so much from this program and internship. For example, I was not very good at interviewing patients and had to follow a list of questions I needed to ask on a piece of paper this past Spring. However, I am confident that I don't need to read the questions off a piece of paper to interview patients. In addition, I found myself integrating both objective and subjective information, providing a holistic and individualized treatment plan.

**• Communication**

I am very proud to say that I have excellent communication skills. I believe that an effective communicator must have the following qualities: being authentic, empathetic, warm, positive, nonjudgmental, and above all, listening more than talking. Other factors include eye contact, body language, and the quality of their speech (tone, volume and speed). During the last few semesters, my communication skills have kept improving. I learned how to be assertive instead of being confrontational. I learned to use my words to encourage people instead of putting people down. I learned to say 'sorry' without using 'but' afterword. I also learned to give complement more generally than give unsolicited suggestions.

**• Service Delivery**

Providing service is like doing artwork, and it depends on how it's delivered. I believe in assessing a person's knowledge of their health and health beliefs and meeting where they are. Clinical guidelines are great tools to guild providers in making evidence-based treatment, and I've gotten pretty good looking up the most updated guidelines online. I have received multiple feedback from friends and coworkers that present myself as a caring person and patients appreciated me when they felt someone is actually listening. I also rely heavily evidence based studies and national guidelines to help when making clinical decisions.

**• Technology Utilization**

The development of technology has exploded over the last few decades. Computer and the internet have provided a lot of value when it comes to patient care, such as assessing patients' health history. I believe I am moderately good at using technology, but I know there is so much to learn as time goes by. The place I am working at has *Epic* health record system, and I found this is one of the user-friendly ones. I also used the computer system at Topeka VA and Valeo Community Mental Health Center in Topeka, Kansas, which I found less user-friendly.

I have worked at Stormont vail Health for five years now and consider myself an efficient user. I've helped train a few new employees to use the epic system.

**• Professional Role Development**

This semester I have gained more perspective in developing my professional role as a PMHNP. One of the examples is I am more confident when interviewing patients. I don't know how it happened, but I found myself asking questions more deliberately in differentiating diagnosis. I was interviewing a patient who had previously been diagnosed with ASD.  However, his presentation did not show ASD. I started to rule in and rule out for ASD.  The psychiatrist who sits in the room told me that she was impressed with my skills. She also said that the patient does not meet the full criteria for ASD.

**• Global Perspectives**

I have gained some knowledge regarding international perspectives regarding Covid Vaccinations. Living in the United States of America, we have the opportunity of getting vaccinated for free and is vastly available for us at work and in the communities. However, other countries do not have such privileges to get vaccinated even if they desire it desperately.  Our country had to donate vaccines to third-world countries to control the vary speeding. However, the quantities were minimal in comparison to their population. Looking back, we as over one- hundred -million people refusing to get vaccinated, which is Bazar. However, the viruses continue to spread and mutate, and the world remains chaotic.

**• Health Care Systems**

I have learned a lot about our health care systems over the last few years. For example, I learned the difference between Medicare, Medicaid and Tricare. Unfortunately, Kansas opted out of Medicare expansion. However, our organization has encouraged its employees to sign the petition for Medicaid expansion. I was shocked when I learned that the United of Americans has the highest cost for medical care expenses, but not the best outcome compared to other countries who spent less revenue on their health care.

**• Collaboration**

I learned to appreciate more and more the values of collaborating with others, working in a psych inpatient hospital. I interact with multiple disciplines, such as social workers, nutritionists, psychiatrists, psychologists, SUD coordinators, pharmacists, lab technicians, etc. Patients tend to receive the best quality of care when treated by the collaborating team versus by each individual.

**• Ethics**

I have been consciously and consistently following the four main ethical principles: Beneficence, non-maleficence, autonomy and justice. However, at times, I lacked compassion for people who overuse the services for personal gain. I strive to do well most of the time by using all I have learned over the years to provide therapeutic care. I believe an ethical healthcare professional should often reflect on those ethical principles and keep challenging ourselves to do better.

**• Cultural Sensitivity**

I was born in China but moved to the USA 15 years ago. I am very interested in comparing and contrasting cultural differences. I believe in being respectful and remaining curious when learning a different culture. I have a lot of compassion and empathy for immigrant women because of my experience as Asian immigration. I have met several Asian ladies who struggle to fit into this society due to cultural differences, and I have been helping them here and there throughout the years. I recently did a poster presentation about the risk for and recognition of Asian immigration women who experienced intimate partner violence. My goal is to bring awareness to communities that immigration women need more help.

**• Research**

My reseach skills have improved dramatically since the beginning of this program. I now can easily find most updated researches and guildelines to expende knowledge. I found researching very interesting and exciting. I am hoping one day I could conduct a research and publish it. I also have greatest respect for all the researchers out there, because of the complicisity of the research process. It is not an easy or quick job to do a good quality research. It requires a lot of planning, team work and discipline. For some people it may take years to complete.

**• Theory**

I have learned many nursing theorists through my graduate school, and I have great respect for them. However, my favorite theorist is Florence Nightingale. Her theory focused on environment or surroundings is still one of the essential theories of all time, especially during the covid (cleaning, washing, disinfecting, ventilation, etc.).

**• Teaching/Learning**

I love both learning and teaching. I've always strived to learn new things, such as learning new words, new skills, new food recipes, and talking to new friends. I have taken the initiative to ask nursing students if they want opportunities to learn, such as observing interviews and asking questions. As a student during the clinical time, I've learned to be an active learner and appreciate the instructors. I enjoyed the experience so much that I plan to be a preceptor or an instructor soon.