**Advancing Patient-Centered Care: A Post-Doctoral Exploration of Wearable Technology in Acute Nursing Settings**

Submitted by:

Submitted to:

Institute:

Date:

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**Part I:**

I am a registered nurse with three years experience working in various types of healthcare facilities. I always put my patients' safety and well-being first, recommending only alternative treatments that are as safe or even safer. I have had the pleasure of providing medical care to patients from disparate cultures, through which I gained a deeper understanding and greater interest in various societies and perspectives This encounter has not only expanded my clinical techniques but also stimulated interest in nursing research and the application of evidence-based practice to better serve patient interests.

Following graduation from a private local university with a Bachelor of Science in Nursing (BSN), my nursing career began. After graduation I landed a job at New York Presbyterian, Columbia which as far as hospitals go is best in the city of New York. There I had contact with patients and their families from all walks of life--and that was great experience for me. I found out right away that nursing was more than giving meds and fulfilling doctors' orders. It was not to help them accommodate themselves to their circumstances, but rather being close at hand under any situation of physical and spiritual need that they may have. This epiphany not only dictated how I carried out patient care but also became the impetus for my continuing education and a desire to find new ways to better patients 'lives.

I moved to a telemetry unit after spending a year working on a medical-surgical floor. There, I gained experience working with patients who had complicated medical conditions that required constant monitoring. In order to provide safe, high-quality patient care, working in this setting taught me the significance of effective communication, collaboration, and teamwork.

By treating each patient as an individual with distinct requirements and experiences, I incorporate my worldview into my current occupation. I strive to respect the patient's beliefs, values, and preferences while providing patient-centered care. I additionally try to teach myself on various societies and perspectives, as well as the social determinants of wellbeing, through proceeding with training courses, perusing current writing, and searching out assets.

Additionally, I am of the opinion that it is our duty as nurses to represent our patients' interests and to ensure that their voices are heard. This incorporates supporting for our patients' privileges to get to quality medical care, as well as upholding for approaches and practices that advance wellbeing value and lessen wellbeing disparities.

In other words, my expert nursing profession has been centered around giving protected, top notch patient consideration, while additionally supporting for the wellbeing of my patients and their families. All through my vocation, I have strived to consolidate my perspective into my training by regarding every patient as need might arise and encounters and by pushing for wellbeing value and lessening wellbeing differences. I accept that as medical caretakers, we play a basic part to play in advancing the wellbeing and prosperity of people and networks, and I'm pleased to be important for this fundamental calling.

**Part II:**

As a post-doctoral nursing researcher, my vision for my insightful task and practice is focused on propelling the study of nursing and elevating proof based practice to work on understanding results. Nursing research, in my opinion, has the potential to significantly improve the quality of care provided to patients and is essential to expanding our understanding of health and disease.

My academic venture will focus on investigating the utilization of innovation in working on tolerant results in the intense consideration setting. I am particularly interested in investigating the ways in which wearable technology, such as smartwatches and fitness trackers, can be utilized to monitor, manage, and enhance patient outcomes (Inouye, Lukkahatai, Soivong, & Li, 2016).

Kirk, Amiri, Pirbaglou, & Ritvo (2019) explain that the use of wearable technology in healthcare has significantly increased in recent years (Kirk, Amiri, Pirbaglou, & Ritvo, 2019). Nonetheless, there is restricted examination on how this innovation can be utilized to work on quiet results in the intense consideration setting. Through my academic venture, I desire to fill this gap in the writing and give proof based suggestions to the utilization of wearable innovation in acute care settings.

Newbanks, Rieg, & Schaefer (2018) describe that a worldview in nursing is about the values and beliefs of an individual that affect their approach to patient care (Newbanks, Rieg, & Schaefer, 2018). For a long time now, I have been committed to integrating my worldview about caring for patients and meeting their needs in my approach to patient care and treatment. I have always had a firm belief that medical care is more than just offering treatments for patients. It is about understanding their needs, their cultural backgrounds, and their problems and delivering tailored care that can truly enhance and improve their wellbeing without adversely influencing them. My worldview aligns with the idea of integrating care with patient treatment and balance it with the use of technology.

In view of the interdependence between technology and patient care in nursing, I will enrich my understanding by drawing on insights from a worldview concerning nursing. Balancing the integration of wearable technology with kind treatment is very important to achieving positive patient results (Harmon, 2020). At the same time, worldview nursing has greatly added to my professional outlook. An article entitled "Balancing Care with Technology" (Harmon, 2020) points out that efforts to advance technology must be accompanied by compassionate patient care. A worldview nursing approach means acknowledging and respecting cultural, spiritual, and personal diversity in healthcare.

I intend to carry out a mixed-methods study that will employ both quantitative and qualitative data collection strategies in order to accomplish this. The quantitative part of the review will include gathering information on patient outcomes, for example, length of emergency clinic stay, readmission rates, and patient fulfillment, among others. The subjective part of the review will include directing meetings with patients, medical attendants, and other medical care suppliers to acquire a more profound comprehension of the discernments and encounters connected with the utilization of wearable innovation in the intense consideration setting.

My post-doctoral practice will be centered around interpreting the discoveries from my academic undertaking into clinical practice. Research, in my opinion, is only meaningful if it is put into practice and improves patient outcomes. I intend to collaborate closely with healthcare organizations as a postdoctoral nursing scholar to promote the adoption of nursing research-based and evidence-based practices.

One of my essential objectives in my post-doctoral practice is to create and carry out nursing mediations that are educated by the most recent examination discoveries. We can improve patient outcomes and promote better health outcomes for individuals and communities by developing and implementing evidence-based interventions, and I believe that nurses play a crucial role in promoting patient-centered care.

Along with creating and carrying out nursing mediations, I likewise plan to deal with spreading nursing exploration to a more extensive crowd. Nursing research, in my opinion, has the potential to influence healthcare policy and decision-making as well as clinical practice. I intend to work with nursing organizations and policymakers as a post-doctoral nursing scholar to promote the adoption of evidence-based policies and practices that promote health equity and reduce health disparities.

In general, my vision for my academic venture and post-doctoral practice is focused on propelling the study of nursing and elevating proof based practice to work on patient outcomes. Through my exploration, I desire to give proof based proposals to the utilization of wearable innovation in intense consideration settings, and through my post-doctoral practice, I intend to make an interpretation of these discoveries into clinical practice and advance the reception of proof based mediations and strategies that advance wellbeing value and decrease wellbeing variations (Tong, 2018).

**Currently employed – Kings County Hospital-Brooklyn- Travel Agency Nurse**

**from 09/05/2022- current**

**References**

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