For as long as I can remember, I have always wanted to be a Nurse. Growing up with a mother as a Registered Professional Nurse and a father, who endures Diabetes, has truly influenced my desire to become a Nurse. However, it was not until my acceptance in the College of Nursing at Seton Hall University, that I was given the opportunity to fulfill my desire. Looking back at my first year as a nursing student, I never anticipated the degree of challenges I would be faced with and the obstacles I would overcome.

It was not until my Acute Care clinical rotation at Overlook Hospital in Summit, New Jersey with my mentor, Kathleen Boreale, that I was able to appreciate Nursing not only as a science, but as a true art. It was this understanding that enhanced my role throughout my clinical rotation, not only as a caregiver, but as a patient advocate. Moreover, it was the leadership and guidance of Professor Boreale that allowed me to grow as each week progressed, while keeping me passionate about the Nursing profession. I found myself growing in the science and skills of Nursing, and remained eager to learn more about patient advocacy and the art of Nursing.

During my clinical rotation I entered into the most challenging areas of Nursing, the cardiac telemetry unit and coronary care unit. On the telemetry cardiac unit I was able to spot physical abnormalities during my patient assessments, which I then reported to my mentor, nurse, physical therapist, and in some cases the physician. This allowed me to act as the patient advocate while collaborating with others on the healthcare team. I provided documentation on each of my patients and assisted my classmates in the care of their patients throughout the day. It was my passion to help the patients that kept me energized throughout the day.

Realizing the importance of how to manage your time as a professional nurse improved my prioritization according to each patient’s needs and health status. On the coronary care unit I had
to opportunity to observe and assist in a code, where a patient requires cardiopulmonary resuscitation. I was taught the mechanics of the cardiac equipment used in the care of a critical cardiac patient after major heart surgery and observed bed-side procedures often done in critical care settings. Not only was this an experiential learning experience for me, but I was able to take away the values and lessons learned during my rotation at Overlook Hospital.

Throughout my career in Seton Hall University’s College of Nursing, I have been taught the importance of being an advocate for the patient. For me, that has become the true meaning of Nursing as a science and an art. Whether I am working at Holy Name Hospital as a Patient Care Technician, or going to the homes of patients in urban communities to assist in the delivery of Nursing Care, I am always incorporating the values of honesty and dignity into the care that I deliver. These values are not only part of what Seton Hall University’s College of Nursing bases their foundation on, but they contributed in allowing me to become a better patient advocate and improve the quality of care.

Not only was it my acceptance in the College of Nursing at Seton Hall, but the journey throughout that will forever allow me to fulfill my desire as a Professional Nurse. My journey at the College of Nursing will soon end, but my passion in the delivery of Nursing Care will forever remain. I will take with me the valuable lessons and experiences, all showing me that at heart, a Nurse is a servant first. A nurse makes the conscious decision to lead and advocate for the patient in order to better deliver care, not to increase their power. The aspects of a true servant leader include delivering empathy, healing powers, trust and collaboration with others, each of which are within the foundations of the art of Nursing. My journey at the College of Nursing as a Nursing student may be ending, but my life as a Nurse, patient advocate, and true servant leader is just beginning.