

VIDEO TRANSCRIPT

FlexPath Movement | Ashley's Practicum**00:01**

Hi guys, welcome back to this video. So I am excited to announce that I am starting my practicum for my Master's degree. As many of you know, I'm a sponsored FlexPath student at Capella University and I am getting my Master's degree in nursing education, which is crazy. I have just a hundred hours left to complete and then a couple of little assignments here in my practicum and I want to talk a little bit about it and what it entails and what I'm doing.

Ashley Adkins* – Master of Science in Nursing

**Actual FlexPath student compensated for appearing in Capella promotional materials.*

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It's pretty crazy that I'm going back to clinicals. It's almost like I'm going back to nursing school except way less terrifying because I have experience as a nurse and talking with patients and other medical professionals, but I have chosen to do my practicum at the place that I work. I'm following a master's prepared nurse who's in a leadership educational setting and I am doing my hundred hours with her.

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For this practicum you have to do a certain amount of hours at the bedside. And so I chose to just do it at my hospital because that way I know a lot of people there. I had connections there and luckily Capella was affiliated with my hospital so I didn't have to get a ton of extra approval to be at that clinical site.

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So there's a process for applying to your practicum. You have to first find someone to shadow you or precept you, whatever you want to call it, and then you have to get approval from Capella. And I had to get approval from the site that I work at. So just a bunch of little paperwork things. It actually wasn't too

complicated. Capella walks you right through it so that was pretty simple.

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But I'm actually starting my practicum this Friday and for my practicum I have to, sorry, I've said practicum 17,000 times, but I have to basically come up with an educational plan, resource, whatever, for a problem that's in the field that I'm doing my clinicals in. So I have a couple ideas. I'm not 100% set on one yet. I want to talk to my practicum instructor about what her ideas are because I'd love to do something that's going to benefit her employees and the people she works with, but also benefit me for my practicum and assignment.

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So some ideas I'm thinking of are maybe fall prevention, early mobility, hand hygiene, kind of those big topics that are always prevalent in the nursing world. So I'm going to probably maybe for fall mobility, look at, fall mobility, for early mobility look at how we could educate nurses on the importance of early mobility and what we can implement in order to get their patients up and moving a little bit more.

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So that's kind of the mindset behind the practicum and there's a couple assignments that go along with that. They don't seem to be too too crazy or anything like that. So I'm excited and I'm excited to be in this last stretch. I'm excited to be almost done. I've also started talking to some connections about potentially teaching once I'm done with my Master's degree. So that's exciting and up and coming and I will definitely keep you guys posted on that.

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But other than that, that's pretty much it. If you guys have any questions about my practicum or Capella, leave them in the comments below, or I'll have all Capella's links down below as well. Thank you guys for watching this video. Give it a thumbs up and subscribe to my channel and I'll see you guys next time. Bye.