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**Week 10 Discussion**

Name

Institution

Course

Instructor

Date

## **Week 10 Discussion**

### **Pathophysiology**

Since pathophysiology is the foundation of nursing practice in many ways, it will help me lay the groundwork for my nursing primary responsibilities. These responsibilities will include arrangement of diagnostic procedures, handling acute and chronic ailments, managing treatments, and providing general care and illness prevention to patients. Therefore, I will recognize my patients' diseases' pathophysiological signs and symptoms, thus delivering better-advanced care to them. Similarly, my in-depth comprehension of severe chronic illnesses and their consequences on the body will assist me in applying the discipline of pathophysiology to my practice. Lastly, understanding pathophysiology concepts and putting them into practice will allow me to comprehend better how ailments affect patients and the treatments that will be most effective.

The most critical aspect of pathophysiology moving forward is understanding what is happening at the molecular level in somebody's body can help you figure out how to treat them. Even though doctors are responsible for diagnosing illnesses, the nurses have to comfort patients and assist them to stay calm so that they may heal. Explaining why they are being tested will put their minds at ease. Similarly, understanding pathophysiology also allows nurses to respond to abnormal changes in patients more quickly and accurately. Why are they now undergoing this transformation? What can nurses do to assist them? Is this a life-threatening situation? All of these queries are responded to daily.

### **Capstone**

The first key takeaway point that I will carry with me is that prolonged screen time in children has negative consequences on their cognitive development. The brain is one of the

essential organs in the human body; thus, its development and health are significant. Similarly, the fact that excess screen time on children results in the thinning of the cortex is another critical takeaway that should not be assumed. In addition, the importance of regulating screen time in children cannot be underrated. Even though technological advancements have transformed the education sector, it is essential to regulated children's consumption of online media since excessive indulgence has been proved to have negative consequences.

Bringing my paper and presentation together took extensive research and case study analysis. The gathered information was critically analyzed to determine credibility before use. Consequently, transitioning the paper into a presentation was easy since all the information was readily available. Therefore, developing visual aids to enhance the presentation was relatively easy and effective. These processes and experiences have taught me the importance of appropriately approaching every task and treating every assignment as necessary, thus shaping my professional outlook.

The first recommendation I would provide for students who will take this capstone course in the future is to approach the course with an open mind. This advice is crucial because it could be assumed that the benefits brought about by technology outweighs the negative consequences owing that technology has brought about advancements in the education sector. Similarly, students need to analyze the information already since the chances of getting misinformed is evident. In addition, case studies offer insights that are essential in addressing this concern.

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