

Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Self-Assessment



**This self-assessment quiz is designed to encourage nurses to reflect on their daily practice in alignment with the values of the 'A Nurse Like Me' initiative: Self-Reflection, Professionalism, Accountability, and Empathy.**

**Answer honestly and use the insights to guide your growth and commitment to nursing excellence.**

## Self-Reflection

- \* Do I introduce myself and explain my role to every patient? (Yes / No)
- \* Would I feel confident receiving care from someone like me? (Yes / No)
- \* Do I take time to reflect on my strengths and areas for improvement after each shift? Yes/No
- \* Do I treat every patient with the same level of respect and care, even under stress? Yes / No

## Professionalism

- \* Do I maintain professional appearance and behavior at all times? (Scale (1 to 5))
- \* Do I keep my clinical knowledge up to date through continuous learning? (Scale (1 to 5))
- \* Do I communicate clearly and respectfully with both patients and colleagues? (Scale (1 to 5))

## Accountability

- \* Do I admit mistakes and take responsibility for correcting them? (Yes / No)
- \* Do I follow through with tasks and patient care without being reminded? (Yes / No)

## Empathy

- \* Do I show genuine concern for my patients' well-being? (Yes / No)
- \* Do I actively listen and respond to patient needs and emotions? (Yes / No)

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# Reflections and Guidance after Assessment



## Self-Reflection

- Do I introduce myself and explain my role to every patient
- Would I feel confident receiving care from someone like me?
- Do I take time to reflect on my strengths and areas for improvement after each shift?
- Do I treat every patient with the same level of respect and care, even under stress?

### Reflection & Guidance:

This section helps you evaluate your self-awareness and commitment to growth. If you answered 'No' to any, consider creating a daily reflection habit or journaling after shifts. Aim to be the nurse you would trust.

## Professionalism

- Do I maintain professional appearance and behaviour at all times
- Do I keep my clinical knowledge up to date through continuous learning?
- Do I communicate clearly and respectfully with both patients and colleagues?

### Reflection & Guidance:

Professionalism reflects your standards of practice and presentation. If you scored low here, set learning goals, seek feedback, and invest in continuing education. Consistency is key to being a trusted professional.

# Reflections and Guidance after Assessment



## Accountability

- Do I admit mistakes and take responsibility for correcting them?
- Do I follow through with tasks and patient care without being reminded?

### Reflection & Guidance:

This category shows how responsible and dependable you are. Answering 'No' may indicate a need to improve time management, communication, or self-discipline. Hold yourself to the same standard you'd expect from others.

## Empathy

- Do I show genuine concern for my patients' well-being?
- Do I actively listen and respond to patient needs and emotions?

### Reflection & Guidance:

Empathy is central to compassionate care. If these questions felt challenging, practice active listening and try to see situations from your patient's perspective. Even small acts of kindness create lasting impact.