



**COURSE: NURSING INFORMATICS**

**COURSE CODE: MIDW 357**

**LEVEL: WEEKEND LVL300**

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**INDEX NUMBER: 0323197324**

1. As a midwife, my main job is to care for pregnant women, help them give birth safely, and support them after delivery. But now, health care is changing, and technology is becoming a big part of our work. The following are some ways technology is revolutionizing the health sector:
  - a. **Record Keeping:** Instead of using only paper to write patients' information, we now use computers or tablets in some places. This helps us store patient details well and find them easily when we need them.
  - b. **Patient Monitoring:** Sometimes we use simple machines to check blood pressure, sugar levels, and other signs. These tools help us give better care and notice problems early.
  - b. **Communication:** With a phone or computer, we can contact other health workers for advice. This is helpful when we face a difficult case.
  - c. **Learning and Training:** Technology allows us to learn new things through online videos, messages, or even training sessions on the computer. It helps us improve our knowledge.
  - d. **Reminders and Follow-ups:** Some systems help us send reminders to mothers about clinic days or baby checkups. This helps reduce missed appointments.

2. To be honest, I used to feel a bit afraid of computers and health care technology. I thought they were too hard to understand and that I might make mistakes. But as I see more of it being used in hospitals and clinics, I am slowly becoming more open to learning.

Right now, my experience with computers is basic. I know how to turn on a computer, type simple information, and use a phone to send messages or check WhatsApp. I can also use a blood pressure machine or digital thermometer. But I am not yet good at using hospital computer systems or advanced health technology.

After doing a small skill survey, I realized that I need more training in the following areas:

- Entering patient data into a computer system
- Using electronic medical records (EMRs)
- Learning how to keep patient information safe and private
- Understanding how technology can help in decision-making

From this course, I would like to:

- Feel more confident using computers in my daily work
- Learn how to use health care technologies properly
- Understand how technology can help me give better care to mothers and babies
- Be able to support others who may also find technology difficult

I believe that with good training and practice, I can improve. I want to be ready for the changes happening in health care, and I know technology is part of the future.