

## LEARNING PLAN - NURS 112-3

### Build on my knowledge and communication skills: Communicates Effectively

Learning Objectives	Resources and Strategies	Types of Evidence of achievement	Criteria to validate objectives achieved
<p><b>Standard 1</b> Therapeutic Interpersonal Relationships</p> <p><b>Clinical Competencies:</b></p> <p>6.01 Recognizes the effect of one's behavior on others e.g. client/family, staff</p> <p>6.02 Understands the dynamics of human behavior</p> <p>6.03 Recognizes and identifies own feelings</p> <p>6.04 Recognizes and identifies feelings of others</p> <p>6.05 Interprets behavior of self and others</p> <p>6.07 During goal-oriented Interactions demonstrates empathy, warmth and respect</p> <p>6.08 Demonstrates a non-judgmental attitude</p> <p>6.09 Utilizes, as appropriate, problem-solving techniques during interactions</p> <p>6.10 Identifies individuals' communication limitations and utilizes alternative forms</p>	<p style="text-align: center;"><b><u>Resources:</u></b></p> <p>text - Touhy, T.A., Jett, K.F., Boscart, V., and McCleary, L., (2012). Ebersole and Hess' Gerontological nursing &amp; healthy aging. (pp. 27-47). Toronto, Ontario: Elsevier Publishing</p> <p>Innes, A. &amp; Capstick, A. (2001). Communication and personhood. In Cantley, C. (Ed.), A handbook of dementia care (pp. 135-145). Philadelphia, PA: Open University Press</p> <p>Website - Matovich, S. (n.d.). <i>Respectful communication with the older adult</i>. Retrieved from <a href="http://www.thirdagecommons.ca/content/respectful-communication-older-adult">http://www.thirdagecommons.ca/content/respectful-communication-older-adult</a></p> <p style="text-align: center;"><b><u>Strategies:</u></b></p> <p>-To communicate effectively with the different residents and staff of Spring Valley Care Home</p> <p>-To journal any questions or thoughts to my instructor about residents behavior, my own feelings, recognition of others feelings and goal orientated communication.</p>	<p>-Throughout these last couple of months I have been able to journal thoughtfully on myself and my skills to my instructor</p> <p>- I have built a few therapeutic relationships with residents as well as one resident's daughter.</p> <p>-I have chatted daily to the different residents from things such as the weather or the football game to dancing and playing the "drums" on the table.</p> <p>-I spoke with a resident's family member who was concerned she would be missing lunch for her appointment and wanted to know if there would be food for her when she returned. I made sure to speak with the nurse and have her lunch put aside for when she came back.</p> <p>-I've used my medical background and skills to help my colleagues with questions or skills they need help with.</p>	<p style="text-align: center;"><b>Scale 1-5 Rationale</b></p> <p>I believe that the objectives were achieved, and would give it a grading of 5/5.</p> <p style="text-align: center;">In the last few weeks I have definitely learned the different ways to communicate with all types of elderly patients. I have noticed the time it takes to build a therapeutic relationship with not only the resident but the resident's family as well.</p> <p style="text-align: center;">I have participated in all discussions for Older Adult theory and feel confident that my skills have improved since the start of this semester.</p>

<p>of communication as appropriate</p> <p>7.01 Engages in goal-oriented communication (verbal and/or nonverbal)</p> <p>7.04 Verbalizes observations to appropriate persons</p> <p>7.05 Perceives and interprets verbal and non-verbal communication</p>	<p>-To watch and interact with the residents on the special care ward and see how the different dementias affect them differently</p> <p>-To participate and learn from any discussions in older adult theory.</p>		
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## LEARNING PLAN: Medications

Learning Objectives	Resources and Strategies	Types of Evidence of achievement	Criteria to validate objectives achieved
<p style="text-align: center;"><b>Standard 2</b> Knowledge based theory</p> <p><b>Clinical Competencies:</b></p> <p>3.44 Performs procedures related to specific drugs            3.45 Follows ‘control’ drug regulations            3.46 Calculates fractional dosages            3.47 Assesses need for PRN medication            3.48 Assesses and recognizes the effects and side effects of drugs            3.49 Follows established procedures for safe medication administration</p> <p><b>CRPNBC Competencies:</b></p> <p><b>D-1-6</b> Knowledge and Ability to Administer Medication.</p>	<p style="text-align: center;"><b><u>Resources:</u></b></p> <p style="text-align: center;">Text - Lilley, L., Harrington, S., Snyder, J. (2007). Pharmacology and the nursing process in Canada. (2<sup>nd</sup> ed.). (p.147-179). Toronto, Ontario: Mosby Elsevier Publishing</p> <p style="text-align: center;">Covering the 10 Rights of drug administration, administration of medications, and standard precautions.</p> <p style="text-align: center;">text - Touhy, T.A., Jett, K.F., Boscart, V., and McCleary, L., (2012). Ebersole and Hess’ Gerontological nursing &amp; healthy aging. (pp. 310-325). Toronto, Ontario: Elsevier Publishing</p> <p style="text-align: center;">Covering Cardiovascular and Respiratory disorders, The 2 major disorders seen in the majority of residents in the care facility.</p> <p style="text-align: center;">CRPNBC. (2001). Competency profile for the profession of Canada. Communication Skills and Therapeutic Relationships. Retrieved from <a href="http://www.crpnb.ca/wp-content/uploads/2011/02/RPNC_CompetyencyProfile.pdf">http://www.crpnb.ca/wp-content/uploads/2011/02/RPNC_CompetyencyProfile.pdf</a></p> <p style="text-align: center;"><b><u>Strategies:</u></b></p> <p style="text-align: center;">-Write Pharmacology 105-3 Drug Calculations Exam.            -Review resident MARS sheets in charts and look up medications.</p> <p style="text-align: center;">-Observe LPN and instructor Shannon Day administering medications and using catalyst system for medication distribution. In clinical at Spring Valley Care Center.</p>	<p style="text-align: center;">-Received 100% on the Drug Calculations Exam.</p> <p style="text-align: center;">-Monday, Oct. 28th, 2013 and Tuesday, Oct. 29th, 2013 administered daily medications for one resident at practicum at Spring Valley Care Center.</p> <p style="text-align: center;">-Monday, Nov. 4th, 2013 and Tuesday, Nov. 5th, 2013 administered daily medications for two residents at practicum at Spring Valley Care Center.</p>	<p style="text-align: center;"><b>Scale 1-5 Rationale</b>            I believe that the learning goal was achieved, and would give it a grading of 5/5.</p>