

LEARNING PLAN: Demonstrates Professional Responsibility

Learning Objectives	Resources and Strategies	Types of Evidence of achievement	Criteria to validate objectives achieved
<p style="text-align: center;">Standard 3 Professionalism</p> <p>Clinical Competencies: 5.01 Evaluates own nursing performance 5.02 Gives evidence of accountability for own nursing performance 5.03 Seeks help and guidance promptly when unable to perform competently 5.04 Identifies own learning needs in relation to client care 5.05 Supports professional goals and standards 5.06 Maintains confidentiality 5.08 Functions within the policies and practices of the employing agency</p> <p>CRPNBC Competencies: A-1 Knowledge and application of interpersonal communication skills A-2 Knowledge and Application of self in the therapeutic process A-3 Knowledge and Application of the Characteristics of the Therapeutic Relationship</p>	<p style="text-align: center;"><u>Resources:</u></p> <p style="text-align: center;">text – Perry, A.G. & Potter, P.A. (Eds.) (2010). Clinical nursing skills and techniques (7th ed.). (Ch. 1). Toronto, ON: Elsevier Canada</p> <p style="text-align: center;"><u>Strategies:</u></p> <ul style="list-style-type: none"> - To learn from the different nurses and doctors I will be working in Penticton Mental Health and watch how they work with each individual. - I will ask my nurse to give me feedback on my skills at the end of my rotation - I will ask questions and ask for help if I don't understand something or do not know how to do it. - I will maintain patient confidentiality by not using names when talking or journaling. 	<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 asked for clarification from one of my nurses on the proper use of the suicide assessment forms</p> <p>-Feedback from my nurses was all positive, none of them seemed to have any problems or concerns with my skills or knowledge.</p>	<p style="text-align: center;">Scale 1-5 Rationale</p> <p>I believe that the objectives were achieved, and would give it a grading of 5/5.</p> <p style="text-align: center;">Through working with my nurses and receiving positive feedback I believe I have an understanding of my abilities and my goals. I have utilized the skills and knowledge of each nurse I have worked with to the best of my ability.</p>

LEARNING PLAN: Professional Ethics

Learning Objectives	Resources and Strategies	Types of Evidence of achievement	Criteria to validate objectives achieved
<p style="text-align: center;">Standard 4 Professional Ethics</p> <p>Clinical Competencies: 2.08: Participates in planning the resolution of ethical dilemmas 6.02: Understands the dynamics of human behaviour 6.08: Demonstrates a non-judgmental attitude.</p> <p>CRPNBC Competencies: D-2-1 Knowledge of Activities of Daily Living</p>	<p style="text-align: center;"><u>Resources:</u></p> <p>text - Stuart, G. (2013). Principles and Practice of Psychiatric Nursing (10thed.). (pp.112-113). St. Louis, Missouri, Elsevier Mosby</p> <p style="text-align: center;"><u>Strategies:</u></p> <ul style="list-style-type: none"> - To take part in a patients community care conference. I will make note of different ethical dilemmas and how they plan to resolve them. - Reading the patients history beforehand and making note of anything that may come up. - Making note that each individuals and situation is different. What may work for one patient will not necessarily work for all of them. Individual history and diagnosis play a huge part in the care plan and I will be open to the different ideas and not be judgmental 	<p>-In October, 2014 I participated in a patients care conference. I took notes and paid attention to the different people talking and heard the different decisions about the patients care to be made.</p> <p>-the biggest ethical dilemma with this patient was his diet and the fact he was borderline diabetic. The patient always requested cheese burgers as well as any pudding or pie he could find. The dilemma they were facing was part of the facilities directive is to let them eat/live as if they were at home, however with this patients health risks they had to assess his diet and make changes to it without taking away his rights to eat how he wanted to.</p>	<p style="text-align: center;">Scale 1-5 Rationale</p> <p>I believe that some of the objectives were achieved, and would give it a grading of 3/5.</p> <p>By participating in the patients care conference I found it to be very educational and got a better understanding of the different dilemma's the staff are faced with at the facility. I had a better understanding of the roles each staff member plays and the different human dynamics.</p> <p>I would like to participate in more of these and be able to have a more hands on approach in the future once I know the patients better and have an understanding of the dilemmas.</p>

LEARNING PLAN: Communicates Effectively

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<p style="text-align: center;">Standard 1 Therapeutic Interpersonal Relationships</p> <p>Clinical Competencies: 6.01 Recognizes the effect of one’s behavior on others e.g. client/family, staff 6.02 Understands the dynamics of human behavior 6.03 Recognizes and identifies own feelings 6.04 Recognizes and identifies feelings of others 6.05 Interprets behavior of self and others 6.07 During goal-oriented Interactions demonstrates empathy, warmth and respect 6.08 Demonstrates a non-judgmental attitude 6.09 Utilizes, as appropriate, problem-solving techniques during interactions 6.10 Identifies individuals’ communication limitations and utilizes alternative forms of communication as appropriate 7.01 Engages in goal-oriented communication (verbal and/or nonverbal) 7.04 Verbalizes observations to appropriate persons 7.05 Perceives and interprets verbal and non-verbal communication</p> <p>CRPNBC Competencies: A-Communication Skills and Therapeutic Relationships A-1 Knowledge and application of interpersonal communication skills A-2 Knowledge and Application of self in the therapeutic process A-3 Knowledge and Application of the Characteristics of the Therapeutic Relationship</p>	<p style="text-align: center;"><u>Resources:</u></p> <p>text - Stuart, G. (2013). Principles and Practice of Psychiatric Nursing (10thed.). (pp.112-113). St. Louis, Missouri, Elsevier Mosby</p> <p>Website - Matovich, S. (n.d.). <i>Respectful communication with the older adult</i>. Retrieved from http://www.thirdagecommons.ca/content/respectful-communication-older-adult</p> <p style="text-align: center;"><u>Strategies:</u></p> <p>-To communicate effectively with the different patients and staff in Penticton community and hospital settings -To journal any questions or thoughts to my instructor about patients behavior, my own feelings, recognition of others feelings and goal orientated communication. -To watch and interact with the patients on the IPU ward and see how the different mental illnesses affect them differently</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 patients in the hospital and community setting</p> <p>-I have chatted daily to the different patients 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 patients 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;">Scale 1-5 Rationale</p> <p>I believe that the objectives were achieved, and would give it a grading of 5/5.</p> <p>In the last few weeks I have definitely learned the different ways to communicate with all types of 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>