

**LEARNING PLAN 1: Sterile Dressing**

Learning Objectives	Resources and Strategies	Types of Evidence of achievement	Criteria to validate objectives achieved
<p align="center"><b>Standard 2</b></p> <p>Knowledge based theory</p> <p><b>Clinical competencies:</b></p> <p>3.30 performs sterile dressing technique</p> <p>3.31 applies dressings wet and dry</p> <p><b>CRPNBC Competencies:</b></p> <p><b>D-2-4-1</b> Demonstrate knowledge and ability to perform sterile technique by:</p> <ul style="list-style-type: none"> <li>• masking, gowning and gloving as required</li> <li>• establishing a sterile field by:               <ul style="list-style-type: none"> <li>◦ opening sterile package</li> <li>◦ tray positioning</li> <li>◦ client draping</li> </ul> </li> <li>• adding sterile supplies and solutions to the field</li> <li>• manipulating sterile instruments and supplies</li> <li>• disposing of contaminated materials</li> </ul> <p><b>I-4-3-1</b> Demonstrate knowledge and ability to perform a dressing change:</p> <ul style="list-style-type: none"> <li>• check and adhere to physician’s order and/or protocol</li> <li>• assess need for dressing change</li> <li>• remove and safely dispose of soiled dressing</li> <li>• establish a clean or sterile field using appropriate equipment and supplies</li> <li>• cleanse and assess wound</li> <li>• apply dressing as ordered               <ul style="list-style-type: none"> <li>◦ simple</li> <li>◦ complex</li> <li>◦ simple with drain</li> <li>◦ simple with packing</li> <li>◦ pressure</li> <li>◦ occlusive</li> </ul> </li> <li>• document and report procedure, client response and findings</li> </ul>	<p align="center"><b><u>Resources:</u></b></p> <p>Text - Perry, A.G. &amp; Potter, P.A. (Eds.) (2010). Clinical nursing skills and techniques (7th Toronto, ON: Elsevier Canada ed.). (pp.17,187-202).</p> <p align="center">Website- YouTube</p> <p><a href="http://www.youtube.com/watch?v=jIztPN1X5Wg">http://www.youtube.com/watch?v=jIztPN1X5Wg</a> video showing how to perform a sterile dressing technique for bedsores.</p> <p>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/CPNC_CompencyProfile.pdf">http://www.crpnb.ca/wp-content/uploads/2011/02/CPNC_CompencyProfile.pdf</a></p> <p align="center"><b><u>Strategies:</u></b></p> <p>I will be implementing the skills, models and techniques that I have learned into my third clinical Practicum which starts on June 13, 2014</p> <p>I will take opportunities to watch the RN dress the wound with sterile technique</p> <p>Perform multiple dressing myself with RN supervision during June 13, 2014- August 1, 2014.</p>	<p>- Successfully performed sterile dressing on patient’s surgical areas including hips, knees and back. Wounds were cleaned with sterile technique and dressed with sterile dressing. Drains were also removed if applicable under RN supervision. Performed between June 13, 2014- August 1, 2014.</p>	<p align="center"><b>Scale 1-5 Rationale</b></p> <p>I believe that the learning goal was achieved, and would give it a grading of 5/5.</p>

**LEARNING PLAN 2: Lifts and Transfers**

Learning Objectives	Resources and Strategies	Types of Evidence of achievement	Criteria to validate objectives achieved
<p align="center"><b>Standard 2</b> Knowledge based theory</p> <p><b>Clinical Competencies;</b> 3.20 transfers and turns client 3.21 Safely operates mechanical lift 3.23 Ambulates client 3.24 Assists client in use of walking equipment</p> <p><b>CRPNBC Competencies:</b> <b>D-2-3-2</b> Demonstrate knowledge and ability to assess and safely lift and transfer patients using appropriate techniques, principles and lifting devices according to organization policy.</p> <p>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_Competyency_Profile.pdf">http://www.crpnb.ca/wp-content/uploads/2011/02/RPNC_Competyency_Profile.pdf</a></p>	<p align="center"><b>Resources:</b> text – Perry, A.G. &amp; Potter, P.A. (Eds.) (2010). Clinical nursing skills and techniques (7<sup>th</sup> ed.). (pp.205-225). Toronto, ON: Elsevier Canada Covering the safe and effective use of transfer techniques including mechanical lifts, and moving and positioning patients in bed. Perry, A.G. &amp; Potter, P.A. (Eds.) (2010). -Clinical nursing skills and techniques (7<sup>th</sup> ed.). (pp.227- 249). Toronto, ON: Elsevier Canada Covering assisting with the use of ambulation and a walker.</p> <p align="center"><b>Strategy:</b> Watching and working with the OT and RN while they perform the tasks of using proper transferring technique for helping patients with hip and knee surgery to get out of bed moving, and assistance with walking using walker or cane</p>	<p align="center">-Successfully transferred multiple patients from bed to wheelchair and walker then back to bed from June 13, 2014- August 1, 2014.</p> <p align="center">-During clinical practicum successfully helped many different patients to and from the washroom and showers with their walkers or wheel chairs, making sure brakes are on when needed and their walkers are close to reach making sure it's safe and there is no debris in their path. Also helped get them from laying to sitting and sitting to standing and vice versa. June 13, 2014- August 1, 2014.</p>	<p 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>

**LEARNING PLAN: Female Catheter- sterile removal and insertion**

Learning Objectives	Resources and Strategies	Types of Evidence of achievement	Criteria to validate objectives achieved
<p align="center"><b>Standard 2</b></p> <p>Knowledge based theory</p> <p><b>Clinical Competencies:</b></p> <p>3.15 Cares for client with drainage e.g. urinary</p> <p>3.16 Performs urinary catheterization</p> <p><b>CRPNBC Competencies:</b></p> <p><b>I-4-2-3</b> Demonstrate ability to insert urinary catheter and establish drainage system:</p> <ul style="list-style-type: none"> <li>• assess client need for catheterization</li> <li>• check and follow physician’s order</li> <li>• select appropriate catheter type and size for client</li> <li>• maintain aseptic technique</li> <li>• identify and apply the procedure and protocol for straight, foley and threeway catheter insertion</li> <li>• establish appropriate urinary drainage system</li> <li>• monitor intake and output</li> <li>• document and record procedure, client response and findings</li> </ul>	<p align="center"><b>Resources:</b></p> <p>text – Perry, A.G. &amp; Potter, P.A. (Eds.) (2010). Clinical nursing skills and techniques (7th ed.). (pp. 864-875, 187-202, 1119-1125). Toronto, ON: Elsevier Canada</p> <p 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_CompetencyProfile.pdf">http://www.crpnb.ca/wp-content/uploads/2011/02/RPNC_CompetencyProfile.pdf</a></p> <p align="center"><b>Strategies:</b></p> <p>Watch and assist RN while doing procedure during clinical at 4 West Kelowna General Hospital.</p> <p>Participate and practice during Lab 2 at UBCO campus on July 5 2014</p>	<p>-Successfully completed urinary indwelling Foley catheter removal and insertion during clinical rotation with RN supervision on female patient.</p>	<p align="center"><b>Scale 1-5 Rationale</b></p> <p>I believe that the learning goal was achieved, however I feel I would need more practice before being fully comfortable with doing this procedure so I would give it a grading of 3/5.</p>