QA Program Learning Plan Form

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| Selina Goldrick | 104556090 |
| Name | Student Number |
| 2017 | 63-172 |
| QA Year | Course |
| Clinical classroom |
| Current Practice Setting |

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| Learning NeedsWhat learning needs did I identify through Practice Reflection? |  |
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|  The past few weeks I have noticed myself being stretched unnecessarily thin. I am having trouble with getting everything done on time and in a standard that I feel comfortable handing in. I would like to learn how to manage my time properly so that I can hand CPE’s and journals in early, make sure that I know when due dates are coming up in advance, and have time to relax and unwind. |

 | Haven’t done Practice Reflection yet? Use the Practice Reflection worksheet to help you identify your strengths and learning needs. |

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| **Learning Goal #1 – Time Management** What do I want to learn?Which practice document does my goal relate to? |  |
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|  I plan to work on my time management by creating a schedule that I will update with important due dates, scheduling times to do homework that are more realistic for me and making time to unwind and relax that is balanced with the amount of school work for the week. I plan to implement this in the month of November and compare it to my stress levels in the previous month. The College of Nurses of Ontario outlines in their document about Entry to Practice Competencies that nurses “Organize workloads and develop time-management skills to meet responsibilities” this relates to my learning plan because it will help me meet any future nursing related goals in a timely fashion. It will also help me lower my stress levels so that everything is evenly spaced out in my schedule and not overwhelming. |

 | Need help creating a goal? Review the *Developing SMART Learning Goals* guide.Your learning goal must be based on your current practice setting and one of the College’s practice documents. |

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| **Goal #1 Activities and Timeframes**How am I going to achieve my goal? |
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| Steps To Achieve My Goal:1. Creating a schedule that has all due dates clearly outlined for the first week of November (Due date: Thursday, November 9th)
2. Hand in CPE’s 24 hours ahead of the deadline (5 per week due Tuesday nights at 24:00)
3. Summarize CNO practice document Professional Standards (Due date: Saturday, November 4th)
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| **Learning Goal #2 – Infection Control and Prevention**What do I want to learn?Which practice document does my goal relate to? |  |
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|  I have noticed how important infection prevention and control is while in the clinical classroom. I would like to begin implementing everyday things that could help prevent the spread of infection throughout environments around me. In order to achieve this I would like to record how many times in one day I wash my hands and for how long (hand washing log), summarize the document Infection Prevention and Control put out by the CNO, and to make a poster to educate others on the importance of infection control by means of hand washing. On the College of Nurses of Ontario website in the infection prevention and control document it informs that “Preventive practice focuses on interrupting the transmission of an infectious agent” this relates to my goal because I can help deter that chain of infection and help prevent the spread of disease. I believe this will help me in the future to care for patients and improve myself and others’ health. |

 | Need help creating a goal? Review the *Developing SMART Learning Goals* guide.Your learning goal must be based on your current practice setting and one of the College’s practice documents. |

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| **Goal #2 Activities and Timeframes**How am I going to achieve my goal? |
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| Steps to Achieve My Goal:1. Hand washing log for one day, record how long I wash my hands, the quality of the wash, and how many times in a day. (Due date: Thursday, November 2nd)
2. Summarize the CNO document Infection Prevention and Control (Due date: Sunday, November 5th)
3. Create an informative hand washing poster to educate others displayed at London Health Sciences Center in the Nursing Professional Practice Office (Due date: Saturday, November 25th)
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| **How do my learning goals support my commitment to continuing competency?**How does my learning relate to the competencies of my practice? |  |
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|  If I implement these goals now, I can improve issues that I am having now rather than in a patient environment. I think the goals that I have set will help me as a future nurse and help me gain skills that I believe and the College of Nurses of Ontario deems important. Not only will these skills become relevant in nursing, but also can be applied to everyday activities. |

 | Continue to maintain and update your Learning Plan throughout the year. |

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| **Evaluation of changes/outcomes to my practice**What did I learn?What impact has my Learning Plan had on my practice? |  |
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|  I learned that infection control is one of the most important aspects of caring for patients; it helped me realize that it is for the client and my own benefit. I learned many new skills to help further my knowledge as a nurse that can help me in the future such as hand hygiene, and time management. I learned that it can make a huge difference if you schedule yourself right and can be more efficient if done properly. By setting out time each week to make a schedule and write out everything I have to do I ensure that my responsibilities are completed and on time. |

 | You can print your Learning Plan for your records. |

College of Nurses of Ontario. (2009, June). *Infection Prevention and Control* [PDF].

College of Nurses of Ontario. (2015, May). *Professional Standards* [PDF].