QA Program Learning Plan Form

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| Selina Goldrick | 104556090 |
| Name | Student Number |
| 3 | Clinical Nursing Experience |
| QA Year | Course |
| Windsor Regional Hospital – Metropolitan Campus - Obstetrics |
| Current Practice Setting |

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| Learning NeedsWhat learning needs did I identify through Practice Reflection? |  |
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|  In my clinical evaluation from the previous semester my clinical professor recommended that I continue to work on integrating my critical thinking into client assignment and outcomes. She encouraged me to continue to be willing to learn and to go more in depth while researching certain aspects of my clinical worksheets and holistic care plan. I would like to focus on this for my first learning goal. |
| For my second goal I would like to focus on obstetrics knowledge, because I have not had much experience with newborns and obstetrics. I would like to learn about common obstetric complications so that I can provide appropriate interventions in the hospital for my clients. |

 | 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 – Knowledge and Health Teaching**What do I want to learn?Which practice document does my goal relate to? |  |
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| I will do postpartum and newborn health teaching in order to identify learning needs and health teaching topics for new mothers as well as using the teach back method by December 4th, 2019.The Supporting Learners document from The College of Nurses of Ontario supports my learning goal. |

 | 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:* Practice newborn and postpartum assessments in a clinical lab setting using University of Windsor’s Clinical Practice Evaluation Guidelines (Complete by: September 23rd, 2019 at 17:00)
* Health teach new mother about self-care and educate about lochia and squirt bottle while professor is present, use the teach back method to evaluate the mother’s learning (Complete by: September 17th, 2019 at 17:00)
* Complete a baby bath demonstration while being evaluated by an instructor (Complete by: October 8th, 2019 at 17:00)
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| **Learning Goal #2 – Knowledge and Critical Thinking**What do I want to learn?Which practice document does my goal relate to? |  |
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|  I will demonstrate knowledge of obstetric complications through completion of clinical worksheets and my holistic care plan by December, 4th, 2019. The continuing competencies document from The College of Nurses of Ontario supports my learning goal.  |

 | 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. |
| **Goal #2 Activities and Timeframes**How am I going to achieve my goal? |
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| Steps to achieve my goal:* Complete mock questions for holistic care plan in order to gain knowledge of obstetrics clients for the completion of a holistic care plan (Complete by: September 15th, 2019 at 17:00)
* Complete a clinical worksheet for a obstetrics patient and newborn (Complete by: September 16th, 2019 at 17:00)
* Complete Part A of a Holistic Care Plan for a couplet (Complete by: October 29th, 2019 at 17:00)
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| **Learning Goal #3– Teaching and Research**What do I want to learn?Which practice document does my goal relate to? |  |
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| I will teach my peers about In Vitro Fertilization, through an interactive presentation including nursing diagnosis, causes, and treatments by Dec 4, 2019. The supporting document from the college I chose to include to support my goal is the supporting learners document. |

 | 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:* Research common interventions and issues related to in vitro fertilization (IVF) and present findings in a presentation to peers (Complete by: October 1st, 2019 at 17:00)
* Use research on a common obstetric conditions/complication to complete a CPE (Complete by: October 22nd, 2019 at 17:00)
* Research and review a research article about interventions on how to promote obstetric health (Complete by: October 15th, 2019 at 17:00)
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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 these activities are implemented now, I can improve on practices and skills that I am unsure about, in order to perfect them in future practice. By learning these new skills and learning new knowledge I am becoming a more competent nursing student and will be able to integrate these skills and new knowledge into my future nursing care. |

 | 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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| While in my clinical placement I learned a great amount about post-partum and newborn health teaching. These topics include perineal care for the mother as well and post-operative care, how to breastfeed, and post-partum hemorrhage teaching. I additionally learned about newborn baths, congenital heart screening, circumcision, latching techniques, and how to do newborn blood sugars. I additionally learned every week about a new topic related to obstetrics, all of which were extremely informative and relevant to the care I was providing through peer presentations.. I believe that my learning plan impacted my learning by guiding it in a direction that I would not have otherwise explored. For example I was able to teach about and learn while creating my presentation on IVF. If I had not made that goal I would not have looked into IVF and learned as much about about it as I have now. I am extremely grateful that I made these goals and I believe that I met them this semester. In the future I would like to challenge myself to learn more and push myself out of my comfort zone with creating my goals. |

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

References

College of Nurses of Ontario. (2014). *Continuing Competencies*[PDF]. Toronto: College of Nurses of Ontario.

College of Nurses of Ontario. (2015). *Supporting Learners*[PDF]. Toronto: College of Nurses of Ontario.