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 – Ouelette Campus – 3 South |
| 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 therapeutic communication and deescalation techniques, because I have not had much experience with this vulnerable population and believe it will help greatly with my everyday patient interactions. |

 | 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 – Critical Thinking and Assessments**What do I want to learn?Which practice document does my goal relate to? |  |
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| I will do mental health status exam and head to toe assessments in order to identify patient needs and goals by April 1st, 2020.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 mental health status and head to toe assessments in a clinical lab setting using University of Windsor’s Clinical Practice Evaluation Guidelines (Complete by: January 29th, 2020 at 17:00)
* Complete a full holistic mental health care plan and submit to professor for evaluation (Complete by: April 1st, 2020 at 17:00)
* Complete a medication list and lab values worksheet for a patient (Complete by: March 8th, 2020 at 17:00)
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| **Learning Goal #2 – Therapeutic Communication**What do I want to learn?Which practice document does my goal relate to? |  |
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|  I will demonstrate knowledge of therapeutic communication and deescalation techniques through completion of clinical worksheets and my holistic care plan by April, 1st, 2020. The Continuing Competencies document, and Relationships 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 mental health clients for the completion of a holistic care plan (Complete by: April 1st , 2020 at 17:00)
* Complete a clinical worksheet for a mental health patient (Complete by: April 1st , 2020 at 17:00)
* Complete Part B of a holistic care plan pertaining to an assigned patient (Complete by: April 1st, 2020 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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| To be completed at the end of the semester. |

 | 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.

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