

# QA Program Learning Plan Form

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Name

110007510  
Student Number

3  
QA Year

NURS 3542-10  
Course

Family Birthing Center  
Current Practice Setting

## Learning Needs

What learning needs did I identify through Practice Reflection?

In my final reflection of consolidation, I identified body mechanics as an area of improvement. I noticed I was not properly positioning myself when moving/transferring patients and while I haven't injured myself yet, I do not want to establish any bad habits.

For this rotation, I am also interested in safety concerns specific to this unit. I would like to learn more about DVTs in pregnancy.

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

## Learning Goal #1

What do I want to learn?

Which practice document does my goal relate to?

By October 5, I will be able to list 5 signs and symptoms of DVTs in pregnancy.

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 #1 Activities and Timeframes

How am I going to achieve my goal?

- I will read the peer reviewed article "Pregnancy and venous thromboembolism: Risk factors, trends, management, and mortality" (2020) by September 28
- By October 2, I will review how to assess for a DVT by reading Chapter 21 on Peripheral Venous System and Lymphatic System in the Physical Examination and Health Assessment Textbook
- On October 5, I will present my findings to my peers in a 5-minute presentation

Alsheef, M. et al. (2020). Pregnancy and venous thromboembolism: Risk factors, trends, management, and mortality. *BioMed Research International*. <https://doi.org/10.1155/2020/4071892>

Jarvis, C. et al. (2020). *Physical examination & health assessment (6e)*. Elsevier.

## Learning Goal #2

What do I want to learn?

Which practice document does my goal relate to?

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?

## How do my learning goals support my commitment to continuing competency?

How does my learning relate to the competencies of my practice?

- Ensures safety of the patient
  - Be better equipped to spot the signs and symptoms of a DVT or PE

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

## Evaluation of changes/outcomes to my practice

What did I learn?

What impact has my Learning Plan had on my practice?

Click here to enter text.

You can print your Learning Plan for your records.