QA Program Learning Plan Form

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| Katarina Campana | 110068814 |
| Name | Student Number |
| 1 | NURS1612 |
| QA Year | Course |
| Windsor Regional Hospital Met Campus- 7 North Med Surg  |
| Current Practice Setting |

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| Learning NeedsWhat learning needs did I identify through Practice Reflection? |  |
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| Through practice reflection I was able to identify some strengths as well as areas of improvement regarding my learning for my next clinical rotation. A strength I displayed throughout last semester was taking initiative in the hospital setting. This was a learning strength because I was always trying to maximize my opportunities to learn. I would take each opportunity I had to work with new people and observe and assist with new situations. By doing this I was able to watch glucose checks, a bladder ultrasound and have a nurse show me a EKG strip. Also after reflecting on how I learned last semester, I found that I learn best by asking questions. By either asking my instructor or the nurses on the floor I was able to understand things much better. A strength of mine is that I am not afraid to ask questions so I will look to continue this during consolidation.  |

 | 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**What do I want to learn?Which practice document does my goal relate to? |  |
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| My first goal is to do at least one head to toe assessment on one patient a day for the entire consolidation period. I will do this for 2 weeks until our last shift which is June 7th. This includes only the assessments I have learned including cardiac, respiratory and abdominal. This was taught last semester but I did not feel 100% confident when doing it on actual people. I am making this goal because the last clinical rotation I only got to do a full cardiac and respiratory assessment a couple times. This made it very hard to feel comfortable and confident when doing it. This goal relates to the CNO NP practice document specifically under the section of health assessment. This section talks about the importance of doing focused health assessments that are appropriate to the clients condition. It also highlights how it is crucial to follow the correct steps of the procedure as taught in class in order to benefit the client. This relates to my goal as I want to competently be able to perform each assessment.  |

 | 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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| I will achieve this goal by planning for each patient before going to do the assessment. By thinking of this in advance I can prepare and ensure I will have enough time to do each assessment. Since I will be completing 12 hour shifts I believe I will at least have enough time to do this on one patient per shift. If I can find time to do more I will. When completing the assessment I will write in my notes what I found whether normal or abnormal and what those values mean. Furthermore I plan on researching more in depth at home to figure out why the patient may have some of these results.  |

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| **Learning Goal #2**What do I want to learn?Which practice document does my goal relate to? |  |
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| My second goal is to research every medication each patient has including dosage, indications and adverse effects. I want to do this after every shift until June 7th. This goal is important to me because last clinical experience I felt that I did not really learn about any of the medications the patients were taking. I believe that if I research the reason for giving the drug, the side effects and what it does to the body I will learn a lot from being in the hospital. This relates to the CNO Medication practice document where it highlights the importance of evidence informed practice regarding medication administration. It talks about needing to be component enough to administer the meds which includes knowledge about the medication and potential patient outcomes. This goal is very important especially since I will be administering medication this summer.  |

 | 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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| I will be able to achieve this goal by making a medication chart and adding to it each shift. By doing this I can stay organized and will be able to fully measure the goal once the 2 weeks are up. I think it will be most affective for my learning if I complete the chart the same night as my shift. This will allow me to link the research I am doing directly to the patient I just cared for so that the signs and symptoms of disease or the medication are fresh in my mind. I believe that relating research to real life experiences is the best way for me to learn.  |

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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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| My learning goals relate to the competencies of my practice by implementing skills that are necessary to provide safe and effective patient care. By practicing my health assessments on as many patients as possible, I will become more confident and overall a better nurse. In addition the more assessments I complete the more I will be able to pickup on normal and abnormal findings. Regarding my other goal, taking the time to research medications will make the medication administration process safer since I will be aware of potential adverse effects. Also if a patient is taking a medication that I have already researched I will be more competent to provide them with care and be able to talk to the nurses about the medication. By doing my own research it will make me more prepared in the clinical setting which overall will make it easier to learn.  |

 | 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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| My learning plan held me accountable in both the clinical setting and during my clinical worksheet completion. My first goal was to get more comfortable doing assessments by practicing on as many patients as possible. Each day I was able to do at least 2 head to toe assessments on different patients. Throughout this I was able to listen to both normal and abnormal sounds. I had a couple patients with a fib so I was able to hear their irregular heartbeat. After completing all my shifts I do feel more comfortable doing my assessments on patients which I am happy about. My second goal was to research in depth the meds that my patients were taking each night. This goal helped me a lot in the clinical setting. By researching my patients meds, I was able to come back to shift the next day being prepared and aware of the reactions to the drugs. When my nurse was administering the meds I knew what he was giving my patient which helped with my learning. I was able to see how my medications affected my patient which is what I was hoping for by making this goal. For example, my nurse gave my patient a laxative at breakfast. By the time lunch hit the med had worked and the patient had a BM. |

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