QA Program Learning Plan Form

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| Iman Khaliq | 110114977 |
| Name | Student Number |
| 1st Year BScN Student | Clinical Practicum I - NURS 1512 |
| QA Year | Course |
| Windsor Regional Hospital |
| Current Practice Setting |

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| Learning NeedsWhat learning needs did I identify through Practice Reflection? |  |
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| Through a reflection of my learning needs, I realized that I need to work on being more open to communicating my ideas and conveying my messages effectively. I came to this conclusion because in my opinion, effective communication is one of the most important qualities a nurse must have. This is so nurses can advocate for their patients. Doing so will help me gain my patients’ trust as they will be able to understand me better. Additionally, stronger communication will decrease the chances of misinterpretations and mistakes during interprofessional communication and patient interactions.I also recognized the need to learn simple dressing change because it will allow patients’ wounds to heal faster and prevent further damage at the wound sites. I recognized this as a learning goal because not providing sufficient care to wounds may cause them to become infected or become more concerning. This can put patient’s lives at risk especially patients who are immunocompromised. Becoming skilled in this area will help me use my time efficiently. Additionally, if a nursing team is not skilled to perform dressing changes on complex wounds, then that will not only delay the healing of the wound, but if done incorrectly, it will can cause more problems and discomfort for the patient. Furthermore, I will be able to effectively teach patients who need to learn the psychomotor skills of dressing change to use at home.  |

 | 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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| By March 23, 2023, I will go to the open lab and ask two peer mentors to evaluate me while I do a general survey on an imaginary patient and my goal will be met when the peer mentor say I effectively used my non-verbal communication skills. My goal is based on CNO Practice Standard called Therapeutic Nurse-Client Relationship. |

 | 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 my goal by completing the following tasks: * From February 3rd to February 17, I will research five different research articles to learn about ten different non-verbal communication techniques to better communicate in my day-to-day activities.
* From February 18 to March 4, I will observe the non-verbal communication that my friends, family and professors use to effectively convey their message. Then I will talk to them about what non-verbal actions I have seen them use so I can get feedback on whether my observations were correct. Then I can use those strategies and implement them in my own communication. I will know I have completed this task when my friends, family and professors tell me that my observations regarding their non-verbal communication style were correct.
* From March 5 to March 22, I will practice the strategies I have learnt and reflect on my eye contact, hand gestures, tone of voice and posture while I record myself communicating with an imaginary patient. I will record myself every day during this time period. I will know I have completed this task when I can see one improvement each following day.
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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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| By March 23rd, 2023, I will do basic dressing change on two patients following the steps taught to me during my Experiential Learning lab. My goal is related to the CNO Practice Standard called Decisions About Procedures and Authority. |

 | 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 achieve my goal by completing the following tasks:* I will research more information on how to effectively do dressing change and wound care and read research articles by February 10
* I will go to open labs to practice dressing change and wound care from February 3rd to February 12
* I will practice wound care and dressing change procedures on my patients, friends and family from February 7 to March 23rd
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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 goal supports my commitment to continuing competency because they allow me to enhance my therapeutic communication skills. Therapeutic communication is a critical component of competent nursing care because it builds patients’ trust in nurses, provides a safe environment for the patients to discuss their problems, and enables nurses to provide client-centered care. Non-verbal communication is important for me because I will be using it in my daily life and as an individual, it will help me convey my message more effectively to others. Furthermore, by enhancing my non-verbal communication skills, I will be working on the non-verbal communication skills component of CET 8.1.Additionally, my goals will strengthen my dressing change and wound care skills, which are important factors for infection control. Proficiency in dressing change and wound care skills will allow me to decrease the healing time for my patients and ensure that my patients heal optimally. By accomplishing this goal, I will also achieve CET 7.1 applying my knowledge to competently perform simple dressing change. By accomplishing these goals, I will be able to prevent infections and communicate effectively, both of which are crucial for competent 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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| This portion is left blank for now because I will reflect on my SMART goals once their time frame has been passed and determine whether or not I was able to achieve my goals. |

 | You can print your Learning Plan for your records. |
| **References**CNO. (2018, December). *Competencies entry-to-practice for registered nurses - CNO*. cno.org. Retrieved January 27, 2023, from https://www.cno.org/globalassets/docs/reg/41037-entry-to-practice-competencies-2020.pdf  |  |
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