

Self Assessment

2015 - 2015 - Final NURS - 208 Course Learning Outcomes (201509)

NUR 208 Practical Nursing Practice 4 (PN, 06-Sep-2015 - 31-Dec-2015)

Student : Julia Meneses
 Clinical Teacher/Preceptor : Marcia Henry
 Program Coordinator : Judy Martin
 Location : Sunnybrook Veterans Centre
 Placement Setting : Agency
 Unit/Office/Clinic : K3E
 Period : 06-Sep-2015 To 31-Dec-2015
 Student hours : 168
 Required Hours : 168
 Validated hours : 168

I declare that this is my original work and the sources used are acknowledged.

Abilities and Outcomes / Learning Outcomes	Student Rating	Teacher Rating
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1. COMPETENT AND SAFE PRACTICE WITHIN A PROFESSIONAL, LEGAL, AND ETHICAL FRAMEWORK

1.1 Comply with regulatory standards, relevant legislation and the practice setting's policies and procedures. Satisfactory Satisfactory

J.M. : I comply with the setting's policies and procedures by feeding my patients slowly, following proper hand hygiene and wearing PPE when necessary.

1.2 Act in a responsible, ethical and accountable manner. Satisfactory Satisfactory

J.M. : I act responsibly and ethically by being punctual and arriving in uniform.

1.3 Determine how the three factor and practice decision-making frameworks influence client care. Satisfactory Satisfactory

J.M. : I follow the 3 Factor Framework by following my patient's Kardex, knowing my limits as a student and understanding the environment I'm working in (Jarvis, 2014, p. 129).

1.4 Use evidence informed practice and a theory-based approach to care. Satisfactory Satisfactory

J.M. : I follow the patient's Kardex in order to make informed decisions about how I will provide care.

1.5 Carry out safety-based practices and risk management principles to ensure client safety and a safe environment. Satisfactory Satisfactory

J.M. : I always ensure bed rails are up when they are needed and do not perform any unsafe or risky procedures without the supervision of Marcia or another nurse.

1.6 Ask questions and clarify the plan of care, unclear orders or directions, and whenever uncertain. Satisfactory Satisfactory

J.M. : I always ask for clarification on my patient's care when I am unsure how to perform care.

1. 7 Demonstrate professional behavior by seeking assistance in situations in which there is unsafe, unacceptable and/or unprofessional behavior.

Satisfactory

Satisfactory

J.M. : As stated in question 1.5 and 1.6, I do this.

1. 8 Demonstrate understanding about the role of the nurse within health care.

Satisfactory

Satisfactory

J.M. : I demonstrate this by always performing client centred care and following the policies in place.

Teacher comments for COMPETENT AND SAFE PRACTICE WITHIN A PROFESSIONAL, LEGAL, AND ETHICAL FRAMEWORK :

Julia is professional and engages in safe and ethical care. She seeks clarification when she is unsure or needs to learn more.

2. ACCURATE AND RELEVANT COMMUNICATION

2. 1 Participate in team sharing and discussions.

Satisfactory

Satisfactory

J.M. : I participate regularly and actively in post conference and inservices.

2. 2 Document clearly, accurately, concisely in a timely manner using written and electronic methods.

Satisfactory

Satisfactory

J.M. : I have received nothing but thanks and praise for completing my documentation correctly.

2. 3 Report relevant information to the appropriate personnel.

Satisfactory

Satisfactory

J.M. : I demonstrated this by reporting my week 7 patient's new wound to his main nurse.

2. 4 Use communication techniques with the client and the inter-professional health care team.

Satisfactory

Satisfactory

J.M. : I use therapeutic touch and speak slowly or more loudly when the patient gives me cues to do so.

2. 5 Ensure privacy and confidentiality according to the Personal Health Information Protection Act (PHIPA).

Satisfactory

Satisfactory

J.M. : I do this by ensuring I log off of PCC and the POC as well as closing the MAR binder when I am on the floor.

2. 6 Use technology to retrieve and share information including research, data and other information.

Satisfactory

Satisfactory

J.M. : I do this when there is downtime. I will go onto SunnyNet and look up workshops or modules available for students.

Teacher comments for ACCURATE AND RELEVANT COMMUNICATION :

Participates in team sharing and post conference discussions. Documents accurately according to format used at the clinical site. Collaborates effectively with health team. Maintains privacy and confidentiality.

3. CARING RELATIONAL PRACTICE

3. 1 Use effective communication techniques.

Satisfactory

Satisfactory

J.M. : I use therapeutic touch and speak slowly or more loudly when the patient gives me cues to do so.

3. 2 Establish therapeutic caring, compassionate, and culturally safe relationships with clients and health care team members.

Satisfactory

Satisfactory

J.M. : I demonstrated this skill with one of the patients on the floor who is Jewish, I did not ask if he was excited for Christmas, I just asked if he enjoys the holiday season.

3. 3 Demonstrate therapeutic use of self to foster client well-being.

Satisfactory

Satisfactory

J.M. : I use therapeutic touch and words of encouragement to foster client well-being.

3. 4 Use self-awareness to identify the effects that beliefs, values, and personal experiences have on relational practice.

Satisfactory

Satisfactory

J.M. : I do this by reflecting on my practice every shift.

3. 5 Collaborate with clients and members of the inter-professional health care team and consult appropriately.

Satisfactory

Satisfactory

J.M. : I demonstrate this by consulting clients on their preferences and asking nurses and my preceptor for assistance when necessary.

3. 6 Support the diversity of clients and the inter-professional health care team.

Satisfactory

Satisfactory

J.M. : I ensure I do this by asking for clarification on diverse needs.

3. 7 Display sensitivity and respect for clients' cultural, religious, and other beliefs and values influencing their choices and decisions.

Satisfactory

Satisfactory

J.M. : I show respect for my clients by providing privacy and allowing them to state their preferences before beginning care.

3. 8 Provide effective client education.

Satisfactory

Satisfactory

J.M. : I provide effective education by telling my patients what their medications are for when they ask me.

Teacher comments for CARING RELATIONAL PRACTICE :

Maintains a caring, therapeutic compassionate relationship with her patients. Communicates and collaborates with the multidisciplinary team, peers ,and clinical instructor to provide safe and effective patient care.

4. LEADERSHIP AND ADVOCACY

4. 1 Apply appropriate conflict resolution skills in therapeutic client and other interactions.

Satisfactory

Satisfactory

J.M. : As opposed to getting worked up over some of my colleagues that are challenging to work with I am always polite and non-confrontational.

4. 2 Evaluate and refine leadership skills to develop solutions and create a positive work environment. Satisfactory Satisfactory

J.M. : I demonstrate this by taking opportunities to learn that are offered to me by the nurse in my quadrant.

4. 3 Provide feedback to peers and accept feedback from peers and members of the inter-professional health care team. Satisfactory Satisfactory

J.M. : I do this by working collaboratively with my colleagues and giving/receiving feedback.

4. 4 Advocate for clients, self, others, and quality practice environment. Satisfactory Satisfactory

J.M. : I demonstrate this skill when I see if a patient has already had a bowel movement. I think critically and consult with the nurse about whether or not an enema or Lactulose would be necessary.

4. 5 Support clients' rights for self-determination and choice. Satisfactory Satisfactory

J.M. : I demonstrate this skill by assessing my clients' preferences.

4. 6 Respond appropriately to unsafe, unacceptable, and unprofessional behaviours. Satisfactory Satisfactory

J.M. : I had the opportunity to respond to unacceptable behaviours on K3E when residence would lash out or make sexually suggestive comments. I addressed the situation with respect and telling to client that their comments were inappropriate.

4. 7 Collaborate and consult when implementing health care and nursing practices that are in the best interests of the public and protect the public through collaboration and consultation. Satisfactory Satisfactory

J.M. : I remove my scrubs and perform proper hand hygiene before exiting the facility after every shift.

4. 8 Contribute to the creation of quality practice solutions and strategies. Satisfactory Satisfactory

J.M. : I demonstrate this by assessing my clients' preferences and consistently inquiring about how they're doing while I provide care.

Teacher comments for LEADERSHIP AND ADVOCACY :

Shows initiative in seeking learning experience. Advocate on patients behalf for continuity of safe care. Provided feedback as well as accepted constructive feedback from peers, and instructor to improve clinical performance

5. PLANS OF CARE: MEET CLIENTS' NEEDS AND MUTUALLY AGREED EXPECTED OUTCOMES

5. 1 Incorporate the clients' unique needs and expected outcomes into holistic and client-centred plans of care. Satisfactory Satisfactory

J.M. : I do this by maintaining therapeutic touch, communication and assessing my clients' preferences throughout the process of providing care.

5. 2 Develop theory-based plans of care that are holistic and client centered and are articulated competently in writing and orally. Satisfactory Satisfactory

J.M. : I do this by looking at my patients' care plan as soon as I arrive, before my shift and planning out how I will provide care half an hour before my shift starts.

5.3 Use knowledge, skill and judgment to assess clients, prioritize needs and outcomes.

Satisfactory

Satisfactory

J.M. : I do this by prioritizing the order in which I perform care for my clients.

5.4 Collaborate in the evaluation and modification of plans of care.

Satisfactory

Satisfactory

J.M. : I do this by documenting and consulting with nurses on the floor.

5.5 Safely and competently implement and evaluate nursing assessments and nursing interventions in a manner that demonstrates knowledge and skill.

Satisfactory

Satisfactory

J.M. : I do this by following the Sunnybrook's policies and demonstrating my skills learned from previous experience.

5.6 Use the Three-Factor and practice decision-making frameworks to guide practice.

Satisfactory

Satisfactory

J.M. : I follow the 3 Factor Framework by following my patient's Kardex, knowing my limits as a student and understanding the environment I'm working in (Perry, 2014, 54).

5.7 Prioritize nursing care and nursing interventions in order to manage workload, time, and physical resources.

Satisfactory

Satisfactory

J.M. : I do this by prioritizing the order in which I perform care for my clients.

Teacher comments for PLANS OF CARE: MEET CLIENTS' NEEDS AND MUTUALLY AGREED EXPECTED OUTCOMES :

Assessment skills are improving. Administer medication in a safe manner, able to state rationale for each medication as it relates to her individual client.

6. COLLABORATIVE PRACTICE: INTERPROFESSIONAL HEALTH CARE TEAM

6.1 Collaborate with clients and members of the inter-professional health care team to assess clients, determine health needs, and to achieve mutually agreed expected outcomes.

Satisfactory

Satisfactory

J.M. : I do this by following my patients care plan and assessing their preferences as well as consulting with the nurses at K3E.

6.2 Contribute as a member of the inter-professional health care team to respond to the changing needs and expected outcomes of clients.

Satisfactory

Satisfactory

J.M. : I am satisfactory in doing this because I adapt quickly to changes in my client's care plan. For example, when a client goes from stable to on precaution, I quickly get into the habit of wearing PPE.

6.3 Seek out assistance and consult with members of the inter-professional health care team.

Satisfactory

Satisfactory

J.M. : I do this by asking for assistance whenever there is the slightest bit of doubt in my mind about providing care.

6. 4 Use teamwork, consensus building, and conflict resolution skills to meet expected client outcomes. Satisfactory Satisfactory

J.M. : I demonstrate this by collaborating with the team at K3E and my colleagues. For example, when I required assistance with transferring a patient or bathing a patient, I would ask the floor staff or my classmates to assist me.

6. 5 Use effective, collaborative, and consultative strategies to meet client's needs within a changing environment. Satisfactory Satisfactory

J.M. : I demonstrate this by collaborating with the team at K3E.

6. 6 Interact with members of the health care team respecting their unique role and competencies. Satisfactory Satisfactory

J.M. : I demonstrate this by collaborating with the team at K3E whenever I need help for specific tasks.

Teacher comments for COLLABORATIVE PRACTICE: INTERPROFESSIONAL HEALTH CARE TEAM :

Interacts well with the multidisciplinary team and colleagues to provide continuity of safe and effective care. Utilizes various strategies to meet clients needs within the clinical setting.

7. QUALITY ASSURANCE: CONTINUE AND IMPROVE COMPETENCE

7. 1 Act in the best interests of clients and protect clients from harm through collaboration and consultation with members of the inter-professional health care team and through competent and safe practice. Satisfactory Satisfactory

J.M. : I do this by providing client-centred care and always asking for confirmation on the plan of care for my clients before doing anything.

7. 2 Engage in ongoing reflective practice to identify strengths, areas for improvement; and, integrate feedback into practice. Satisfactory Satisfactory

J.M. : This is what we do during post conference.

7. 3 Create, implement, and evaluate a learning plan consistent with the Quality Assurance program (CNO). Satisfactory Satisfactory

J.M. : I have completed my learning plan.

7. 4 Seek out learning opportunities and feedback that foster professional development; and, integrate these into practice. Satisfactory Satisfactory

J.M. : I demonstrated this by seeking out an opportunity to administer a subcutaneous injection of 0.25mL of Hydromorphone

7. 5 Use nursing research to foster professional development. Satisfactory Satisfactory

J.M. : I do this during downtime at K3E, I visit SunnyNet regularly and read through modules.

7.6 Use a theory-based approach and evidence-informed practice. Satisfactory Satisfactory

J.M. : I do this when I perform client-centred care and follow the institutions policies.

7.7 Apply knowledge of changes to the health care system, technology, and in society as these affect nursing practice. Satisfactory Satisfactory

J.M. : I did this by using the Point Click Care system for documentation and using Hoyer Lifts to transfer to and from bed/wheelchair.

Teacher comments for QUALITY ASSURANCE: CONTINUE AND IMPROVE COMPETENCE :

Practice within the CNO standards and guidelines according to Sunnybrook Health Sciences Centre. Encouraged to continue to seek out learning opportunities to enhance her clinical practice.

8. USE CRITICAL THINKING, PROBLEM-SOLVING & DECISION-MAKING

8.1 Use critical thinking and problem-solving skills to inform decision-making in all aspects of nursing care. Satisfactory Satisfactory

J.M. : I demonstrate this consistently when administering medications and providing client care.

8.2 Use critical thinking, problem-solving and decision-making skills to assess clients and to determine nursing diagnoses, expected outcomes, nursing interventions, and evaluative criteria. Satisfactory Satisfactory

J.M. : I did this on my concept map.

8.3 Evaluate critical thinking, problem-solving, and decision-making skills and design a plan to improve these. Satisfactory Satisfactory

J.M. : I demonstrated this on my concept map as well as throughout the past eight weeks with my clients.

8.4 Integrate knowledge from a variety of nursing, health, and other theory into nursing practice to provide safe and competent care. Satisfactory Satisfactory

J.M. : I do this by applying knowledge learned in my other classes and from my past clinical experience to my weekly practice at Sunnybrook.

8.5 Prioritize effectively. Satisfactory Satisfactory

J.M. : I demonstrate prioritizing my time by having multiple patients up and ready for breakfast in a timely manner.

8.6 Demonstrate professionalism and accountability. Satisfactory Satisfactory

J.M. : I do this by being punctual and in perfect uniform on a weekly basis.

8.7 Use the practice decision-making and the nurse-client-environment frameworks to inform and guide practice. Satisfactory Satisfactory

J.M. : I use the knowledge I've gained throughout this program to guide me through my practice. For example, when administering a corticosteroid to a patient on a pudding thick diet, I do not allow the patient to rinse with water because they will aspirate (Perry, 2014, 54).

Teacher comments for USE CRITICAL THINKING, PROBLEM-SOLVING & DECISION-MAKING :

She is able to apply theory to practice, however is encouraged to continue to enhance her skills in this area. Also more content within assignments will offer the reader a deeper understanding of your knowledge and application.

Student Final Summary with Strategies for Continued Growth

I am proud of how far I've come over the past semester! I'm no longer timid about approaching my patients or the nurses on the floor. I've truly come out of my shell and feel comfortable in providing care. To continue my growth I will seek out more learning opportunities, and ask to perform procedures under the supervision of the charge nurse, for example catheter insertion or more practice with injection administration.

Teacher Final Summary with Strategies for Continued Growth

Julia has demonstrated satisfactory progress for this clinical placement. She has functioned well within the clinical setting and has completed 2 formal submissions for Concept Care Mapping and other assignments as per clinical schedule. As she continues within the program she is encouraged to seek out learning opportunities to enhance her nursing skills.

Student's References

- Jarvis, C. (2012). Physical examination and health assessment (6th ed). Saunders.
- Perry, Anne Griffin., Potter, Patricia Ann.Ostendorf, Wendy. (2010) Clinical nursing skills & techniques, St. Louis, Mo.:Mosby Elsevier.

Grade Satisfactory Unsatisfactory

Referred to Clinical Excellence Committee (CEC)

Grade **Satisfactory**

Program Coordinator Feedback

The Program Coordinator has reviewed the evaluation Yes No

Student Sign Off

I met with my Clinical Teacher/Preceptor and discussed my evaluation Yes No

In general this evaluation accurately reflects my performance Yes No