

Name: Ryan Crawford

Date: April 1, 2022

**Collection of Personal Information:** Please review the Privacy Policy on the College of Nurses of Ontario's (CNO) website ([www.cno.org/privacy](http://www.cno.org/privacy)) to understand how your personal information will be used.

Need help? Read [Quality Assurance: Your Guide to Self-Assessment](#) for tips on how to create a Learning Plan.

## Learning goal 1

Describe an area in your practice you want to further develop.

Based on my experience, I feel that my assessment skills are lacking. I need to hone my assessment skills, specifically related to cardiac assessment, in order to be confident in my role.

Define your learning goal. What is it that you want/need to learn? Include a timeline for when you want to achieve this goal. Watch: [Are your learning goals SMART?](#) to enhance your learning goals.

I will demonstrate improved cardiac assessment skills, to identify patients at risk of cardiac events and implement an effective plan of care. This will be validated by peer assessments and performance evaluation by November 1. I will be more confident in my patient assessment skills and improve my ability to provide my patients with the best care.

Describe the learning activities you plan to complete to achieve your goal. Include a timeline to stay on track.

1. Complete the Trauma Nursing Core Course (TNCC) by April 30.
2. Complete the Coronary Care I course by August 20.
3. Participate in two mock code blues which will be validated by peer assessments by September 30.

What principles of the [Code of Conduct](#) does your goal align with

- |                                     |   |
|-------------------------------------|---|
| <input type="checkbox"/>            | Principle 1: Nurses respect the dignity of patients and treat them as individuals.  |
| <input type="checkbox"/>            | Principle 2: Nurses work together to promote patient well-being.                    |
| <input checked="" type="checkbox"/> | Principle 3: Nurses maintain patients' trust by providing safe and competent care.  |
| <input type="checkbox"/>            | Principle 4: Nurses work respectfully with colleagues to best meet patients' needs. |
| <input type="checkbox"/>            | Principle 5: Nurses act with integrity to maintain patients' trust.                 |
| <input type="checkbox"/>            | Principle 6: Nurses maintain public confidence in the nursing profession.           |

## Learning goal 2

Describe an area in your practice you want to further develop.

I love where I work but am worried that I if I don't effectively manage the stress of this work environment it will impact on the care I provide. I need to learn how to take care of myself to prevent burnout.

Define your learning goal. What is it that you want/need to learn? Include a timeline for when you want to achieve this goal. Watch: [Are your learning goals SMART?](#) to enhance your learning goals.

I will develop and implement a self-care plan to help me ensure I am able to continue to provide the best care possible by July 1. I will be able to manage the stress of working in the ER and can continue working in a job I love.

Describe the learning activities you plan to complete to achieve your goal. Include a timeline to stay on track.

1. Read three scholarly articles about stress management and preventing burnout in health care professionals by May 30.
2. Review CNO's new resources on the importance of self-care
3. Speak to my team leader about how she manages stress and workload in the ER by May 15.
4. Attend the self-care workshop held by my hospital by June 20.

What principles of the [Code of Conduct](#) does your goal align with

<input type="checkbox"/>	Principle 1: Nurses respect the dignity of patients and treat them as individuals.
<input type="checkbox"/>	Principle 2: Nurses work together to promote patient well-being.
<input type="checkbox"/>	Principle 3: Nurses maintain patients' trust by providing safe and competent care.
<input type="checkbox"/>	Principle 4: Nurses work respectfully with colleagues to best meet patients' needs.
<input type="checkbox"/>	Principle 5: Nurses act with integrity to maintain patients' trust.
<input checked="" type="checkbox"/>	Principle 6: Nurses maintain public confidence in the nursing profession.

## Reflect on your plan

Use this section to reflect on your Learning Plan and evaluate changes to your practice. See the instruction sheet for what to consider. If you don't accomplish your goals this year, you can always carry them forward into your next Learning Plan.