

Name: Roberto Ramirez

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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.

I am starting to see elderly clients with cognitive impairment in my practice setting, and I need to know which screening tools to use for dementia, delirium and depression.

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.

To identify and utilize evidence-based screening tools for dementia, delirium and depression by September 30.

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

1. I will review the RNAO Best Practice Guideline: 'Screening for Delirium, Dementia and Depression in the Older Adult' – by April 1.
2. I will attend the P.I.E.C.E.S. Learning & Development Program – by April 15.
3. I will use the relevant dementia, delirium and depression screening tools and receive feedback from a peer – by September 1.

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.

In anticipation of the trend noted in health care and the clinic, I want to learn more about medical cannabis and my role as an NP when prescribing this substance..

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.

To explain my role and confidently prescribe medical cannabis to patients that would benefit from this treatment and are interested in it by April 15.

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

1. Read the current Canadian Legislation on Cannabis and Medical Cannabis found on the Health Canada website by March 14.
2. Read the policies and procedures in the clinic about cannabis by March 20.
3. Obtain and read the Cannabis Toolkit from AdvantAGE by March 30.
4. Shadow a senior NP who in my clinic who has been prescribing medical cannabis for the last few years, while she conducts a full assessment and discusses pros and cons with a patient who is interested in being prescribed medical cannabis. Debrief the situation afterwards with her by April 7.

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 checked="" type="checkbox"/> | Principle 2: Nurses work together to promote patient well-being.                    |
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| <input checked="" 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.           |

## 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.

I know which tools to use, and how to use them, for screening clients with the different types of cognitive issues. I have been able to contribute my new learning during case conferences and share it with co-workers. I have learned that all behaviour has meaning and that this can significantly impact the ability of nurses to provide care if it's not recognized.

I know my role as an NP when patients inquire about medical cannabis. I have reflected on my own practice, beliefs and biases and ensure that my practice is not judgemental and is solely based on my patient's needs,