Learning Plan Page \_1\_ of \_2\_\_

Name: \_\_Dawn Reid\_\_\_\_\_\_\_\_\_\_\_ Course Number: Nurse2010\_\_\_\_\_\_

Course Name: Clinical Practice\_ Area of Practice: Maternity LHO

Competency Category

*(Indicate with a check which competency category this page refers to)*

**X Professional Responsibility**

**X Knowledge-based Practice**

**X Ethical Practice**

**X Service to the Public**

**X Self-Regulation**

Goals

**My 1st Goal is to educate myself on the benefits and techniques of breastfeeding so I can empower and educate mothers on breastfeeding and its benefits to the baby. This goal was important to me because I believe that new mothers need support and education to aid them into the new transition of parenthood. The competencies are all required to have knowledge of this goal**

1. This goal demonstrates Professional Responsibility because it will show me the practice standards as determined by the regulatory body and practice setting and show that as a nurse I am developing a therapeutic relationship with clients, identifying clients’ health care needs in a Caring environment that facilitates achieving mutually agreed health outcomes and demonstrated knowledge in nursing, health and social sciences.
2. This goal demonstrated Knowledge-based practice because it shows the competencies of specialized knowledge by drawing from the knowledge base of the discipline of the health care needs of new mothers and vulnerable newborns as well as completing health care assessments on patients, managing pain, health promotion and prevention.
3. This goal demonstrates Ethical Practice because it requires knowledge and professional judgment requiring knowledge of the code of ethics. It involves research on critical thinking decision making and appropriate relational boundaries with clients and co-workers. It also demonstrates support for clients making informed decisions about their health care, and respecting those decisions.
4. This goal demonstrates Service to the public because as a Nurse you are in charge of many responsibilities in the Care of your patients and safety is very important. A nurse must know their duties and responsibilities to the public and Monitor trends

in nursing research and the Health care environment that may result in changes to nursing knowledge and practicetry to improve the quality of health care services they provide.

1. This goal demonstrates Self-Regulation by showing that I am seeking opportunities for professional growth that enhance competence. It also uses the standards of practice to assess one’s competence to identify gaps in knowledge, skill, judgment and attitude by: a) Evaluating one’s practice b) taking action to seek assistance when necessary c) assessing one’s areas of strength and areas for improvement in accordance with the College’s Quality Assurance Program.

**Activities, Necessary Resources and Timeframes to achieve my goal?**

I will use my computer, BPG on Breastfeeding, my information package, my textbooks, as well as the information from the lactation consultant to find the benefits of breast feeding, the proper holds of the infant and latching techniques. I will also obtain any information on alternatives to breastfeeding to promote the mothers choice to breastfeed or not. I will find and develop my skills and techniques to empower mothers to breastfeed to the best of their ability. I will also partner with the nurse to gain insight of her teaching techniques and tips. I will strive to discuss and teach every patient I have on the benefits of breastfeeding. My timeframe is from October 4 2013 to December 2013.

**Evaluation**

***How will I know that I have achieved my goal?***

I will know I have achieved my goal when I have gained valuable knowledge on the art of breastfeeding and can explain to my Patients with great confidence how to use various techniques to breastfeed and explain the benefits of choosing to breastfeed and supplying my patient with all the materials necessary to help her achieve her goals with confidence. I have achieved my goal when I can answer the questions that I have stated as my goal with knowledge and understanding.

My learning plan addresses:

 **Self Reflection**

**X Course Learning Objectives**

 **Consideration to previous evaluation**

**X Cumulative and Appropriate for educational level**

Signature :Dawn Reid\_ Date: October 2, 2013