



The Nova Scotia College of Nursing (NSCN) is the regulatory body for licensed practical nurses (LPNs), registered nurses (RNs) and nurse practitioners (NPs) in Nova Scotia. Our mandate is to protect the public by promoting the provision of safe, competent, ethical and compassionate nursing services by its registrants. The term nurse in this document refers to LPNs, NPs, and RNs unless otherwise stated.

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Our practice support tools are developed using current reference material. The source of this material is available upon request.



NOTE: *Client* refers to patients. For nurses in non-clinical positions, such as education or management, *client* means the recipient of your services. As an educator for example, your client may be a learner and as a manager, your client may be a team member, individuals or your team.

LPN Learning Plan Example

NOTE: Your learning plan must include two learning activities.

FULL NAME		<i>Charlie Brown</i>	REGISTRATION NUMBER	XXXXXX
NURSING DESIGNATION		<input checked="" type="checkbox"/> LPN	<input type="checkbox"/> RN	<input type="checkbox"/> NP
LEARNING GOAL What is one knowledge gap that you identified in your self-assessment?		<i>I would like to improve my knowledge around ostomy care and appliance.</i>		
RELATED STANDARD & INDICATOR	STANDARD	<i>2: Knowledge-Based Practice</i>		
	INDICATOR	<i>2.3: Access and use information technology and other resources. relevant and credible</i>		
ACTIVITIES TO MEET GOAL How will you gain this knowledge?		PROPOSED DATE TO COMPLETE (MM/DD/YYYY)	ACTUAL DATE COMPLETED (MM/DD/YYYY)	
<i>1. Attend an appliance in-service offered by ET.</i>		<i>03/01/2019</i>	<i>03/05/2019</i>	
<i>2. Attend an appliance in-service offered by product rep.</i>		<i>04/21/2019</i>	<i>03/10/2019</i>	
REFLECTION ON NEW KNOWLEDGE How has this new knowledge influenced your nursing practice? How has this new knowledge positively influenced client outcomes?		<i>This knowledge has made me feel confident and efficient. Using the sizing tool when assessing clients before I change the existing appliance helps make sure I am getting the right appliance the first time. As I have become more efficient, I spend more time teaching and less time applying. As a result, the client is better informed and there is potentially less risk of complications.</i>		
SIGNATURE	<i>Charlie Brown</i>			

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RN Learning Plan Example

NOTE: Your learning plan must include two learning activities.

FULL NAME	<i>Charlie Brown</i>	REGISTRATION NUMBER	XXXXXX
NURSING DESIGNATION	<input type="checkbox"/> LPN	<input checked="" type="checkbox"/> RN	<input type="checkbox"/> NP
LEARNING GOAL What is one knowledge gap that you identified in your self-assessment?	<i>Ensure all plans of care for clients in my practice area contain decubitus ulcer best practices prevention strategies when identified as high risk to develop an ulcer by June 2019.</i>		
RELATED STANDARD & INDICATOR	STANDARD	<i>2: Knowledge-Based Practice</i>	
	INDICATOR	<i>2.3: Maintaining and evaluating the nursing component of the plan of care. 2.5: Monitoring the effectiveness of the plan of care and revising the plan appropriately and in collaboration with the health care team.</i>	
ACTIVITIES TO MEET GOAL How will you gain this knowledge?	PROPOSED DATE TO COMPLETE (MM/DD/YYYY)	ACTUAL DATE COMPLETED (MM/DD/YYYY)	
<i>1. Research best practices for preventing decubitus ulcers. (a literature search, speak to wound care nurse, google search etc)</i>	<i>12/01/2019</i>	<i>12/01/2019</i>	
<i>2. Participate in the RNAO online wound care course.</i>	<i>02/21/2019</i>	<i>02/21/2019</i>	
REFLECTION ON NEW KNOWLEDGE How has this new knowledge influenced your nursing practice? How has this new knowledge positively influenced client outcomes?	<i>I will share this knowledge with my co-workers and be a resource on the unit. I will self-evaluate the wound care I currently provide to ensure it meets best practice. I will ensure nursing plans of care I develop focus on ulcer prevention for high risk clients. I will advocate for policies and procedures that reflect best practice. Plans of care (POC) will reflect best practices nursing interventions. I will feel more confident preventing decubitus ulcers and supporting staff. I will measure this by randomly reviewing 2 POC each month of high risk clients to ensure prevention strategies are part of the POC. I will also reflect on my personal practice.</i>		
SIGNATURE	<i>Charlie Brown</i>		

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NP Learning Plan Example

NOTE: Your learning plan must include two learning activities.

FULL NAME	<i>Charlie Brown</i>	REGISTRATION NUMBER	XXXXXX
NURSING DESIGNATION	<input type="checkbox"/> LPN	<input type="checkbox"/> RN	<input checked="" type="checkbox"/> NP
LEARNING GOAL What is one knowledge gap that you identified in your self-assessment?	<i>Identify an evidence-based tool I can use in my practice to better support clients while decreasing their dose(s) of benzodiazepines by December 2019.</i>		
RELATED STANDARD & INDICATOR	STANDARD	<i>4: Client Care Management</i>	
	INDICATOR	<i>4.4: Monitor and evaluate clients' responses to the treatment plan and adjust accordingly.</i>	
ACTIVITIES TO MEET GOAL How will you gain this knowledge?	PROPOSED DATE TO COMPLETE (MM/DD/YYYY)	ACTUAL DATE COMPLETED (MM/DD/YYYY)	
<i>1. Review the pharmacology of benzodiazepines and the physiological response during the weaning process.</i>	<i>03/01/2019</i>	<i>03/05/2019</i>	
<i>2. Review evidence based journal articles on patients weaning from benzodiazepines.</i>	<i>04/21/2019</i>	<i>03/10/2019</i>	
REFLECTION ON NEW KNOWLEDGE How has this new knowledge influenced your nursing practice? How has this new knowledge positively influenced client outcomes?	<i>I will use the tool in my practice when working with clients striving to reduce their use of benzodiazepines or when reviewing client's medication prescriptions. I will share the information with my collaborative team.</i> <i>I will have an increased knowledge around prescribing and weaning benzodiazepines and a tool to use in my clinical practice. I will be better able to support them to develop alternative strategies to manage symptoms of anxiety and/or insomnia. I can measure this by assessing the clients progress and health outcomes related to weaning of the benzodiazepines. I can also check the electronic medial record or drug information system to determine if clients use of benzodiazepines is decreasing.</i>		
SIGNATURE	<i>Charlie Brown</i>		

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Learning Outcome #1

FULL NAME		REGISTRATION NUMBER	
NURSING DESIGNATION		<input type="checkbox"/> LPN	<input type="checkbox"/> RN
		<input type="checkbox"/> NP	
LEARNING GOAL What is one knowledge gap that you identified in your self-assessment?			
RELATED STANDARD & INDICATOR	STANDARD		
	INDICATOR		
ACTIVITIES TO MEET GOAL How will you gain this knowledge?		PROPOSED DATE TO COMPLETE (MM/DD/YYYY)	ACTUAL DATE COMPLETED (MM/DD/YYYY)
REFLECTION ON NEW KNOWLEDGE How has this new knowledge influenced your nursing practice? How has this new knowledge positively influenced client outcomes?			
SIGNATURE			

NOTE: *Client* refers to patients. For nurses in non-clinical positions, such as education or management, *client* means the recipient of your services. As an educator for example, your client may be a learner and as a manager, your client may be a team member, individuals or your team.

Learning Outcome #2

FULL NAME		REGISTRATION NUMBER	
NURSING DESIGNATION		<input type="checkbox"/> LPN	<input type="checkbox"/> RN
		<input type="checkbox"/> NP	
LEARNING GOAL What is one knowledge gap that you identified in your self-assessment?			
RELATED STANDARD & INDICATOR	STANDARD		
	INDICATOR		
ACTIVITIES TO MEET GOAL How will you gain this knowledge?		PROPOSED DATE TO COMPLETE (MM/DD/YYYY)	ACTUAL DATE COMPLETED (MM/DD/YYYY)
REFLECTION ON NEW KNOWLEDGE How has this new knowledge influenced your nursing practice? How has this new knowledge positively influenced client outcomes?			
SIGNATURE			