

Professional Growth Plan

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 our registrants.

The Continuing Competence Program (CCP) guides nurses to continuously improve their practice by providing a framework for nurses to set goals, make practice improvements and continue to deliver safe and competent care to Nova Scotians. For specific information on how to complete the Professional Growth Plan, see the [CCP Guide for Nurses](#).

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Nursing Designation:	<input checked="" type="checkbox"/>	LPN	<input type="checkbox"/>	RN	<input type="checkbox"/>	NP

Opportunities for Growth and Learning Based on Self-Assessment

Opportunity	Action idea for learning
To improve my therapeutic relationships with my clients	Explore professional boundary expectations of nurses

For the purposes of CCP, the client includes any individuals, families, groups or communities who are the recipient of nursing services. For nurses in non-clinical positions, such as education or management, the client is the recipient of your services. As an educator for example, your client may be a student, nurse or other care provider. As a manager, your client may be your team or individuals on your team.

Learning Goal #1

Your goal must be based on my learning needs and linked to a standard and indicator in the standards of practice

I would like to improve my knowledge about professional boundaries and therapeutic nurse-client relationships by the end of this year.

Related Standard & Indicator

Standard	3: Protection of the public through self-regulation 4: Professional and Ethical Practice
Indicator	3.1 Establish, maintain, and appropriately end the professional therapeutic relationship with the client and their families. 4.4 Maintain professional boundaries in the nurse/client therapeutic relationship. 4.5 Demonstrate practice that upholds the integrity of the profession.

Learning Activities to Meet Goal #1

Reminders:

- Ask yourself: what am I going to do to meet my goal?
- You must list two activities.
- The activities can be formal or informal (e.g. lunch and learn, self-directed study, eLearning, reading journals, peer support)

	Activity	Proposed Date completed by	Actual Date completed
#1	Review NSCN's practice guideline and online education module - Professional Boundaries and the Nurse-Client Relationship	January 30, 2023	April 4, 2023
#2	Review NSCN's practice guideline on social media responsibilities.	January 30, 2023	February 8, 2023

Reflective Evaluation for Goal #1

After you complete your learning activities, self-reflect on:

- How did I grow as a nursing professional?
- What was the impact on client outcomes?

This review has provided me with the knowledge, skills, and abilities to uphold my standards of practice. This review has helped to guide my practice ensure I am providing professional nursing care to maintain client relationships therapeutic.

Client outcomes have been positively influenced as evidenced by intentional professional boundary setting, resulting in less risk of blurring the therapeutic nurse-client relationship. My clients are informed, aware and know what to expect when receiving nursing care.