

Instructions: Refer to CNO's [Quality Assurance: Your Guide to Self-Assessment](#) for information and examples that will help you complete your Learning Plan.

1. Reflect on your practice

Refer to CNO's [Practice Reflection questions](#) to help you think about your experiences and identify areas of your practice that need professional development.

Watch: [How to become a reflective practitioner](#) for guidance on how to reflect.

2. Identify your learning needs

What learning needs have you identified in your practice reflection? You may want to talk with a peer(s) or colleague(s) about your practice to help you identify these areas.

Consider the following:

- What areas in your nursing practice need further development?
- How will addressing your learning needs help you improve your nursing practice?

3. Define your learning goals

Now that you know your learning needs, identify two specific learning goals based on those needs.

When defining your learning goals, consider the following:

- What changes in your practice do you expect to see?
- Are your goals realistic?
- Have you set a timeline to reach your goal?

Watch: [Are your learning goals SMART?](#) to enhance your learning goals.

4. Link your goals

What principles of the [Code of Conduct](#) do your goals align with?

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

5. Describe your learning activities

Describe the learning activities you plan to complete to achieve your learning goals. Indicate a timeline for each activity to help you stay on track.

Consider the following:

- What resources will you need?
- What is your learning style (e.g., visual, auditory etc.)?

6. Reflect on your plan

Use this section to reflect on your Learning Plan and evaluate changes to your practice.

Consider the following:

- Did you achieve your learning goal?
- If yes, what changes did you make to your practice as a result?
- If no, what prevented you from achieving them?

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Date: 14/05/23

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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.

An area in my clinical practice that I wish to further develop is my knowledge and experiences with stroke patients. This will help my nursing practice by being familiar with how to identify, assess and treat these patients.

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.

My learning goal is to be able to recognize key signs of a patient experiencing a stroke, know the priority interventions needed, what assessments I need to complete and overall how to treat these patients. This will help me in my future career as an RN in emergency situations. I want to achieve this goal by Week 11 of this semester.

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

I plan to achieve this goal by completing research on this topic prior to Week 10, using the textbook and peer reviewed online resources. I will utilize the stroke resources on Blackboard. This will give me information on the different types of strokes, how to assess strokes using the NIH stroke scale, and the pharmacological interventions used. I will watch the Youtube video of a mock stroke. I will complete the neurological assessment activity. I will complete the required worksheets and submit into my portfolio.

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 checked="" 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.

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.

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

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. |
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| <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.

I did achieve my learning goal by utilizing this process. The changes that I have made to my practice as a result include preparedness and increased comfortability with patients experiencing stroke. Through the various resources provided in the weekly activities and assignments for stroke and my peers' SMART goal presentations I have learned so much about recognizing, assessing and treating stroke patients. I have had the experience in practice to care for patients post-stroke, and with the new information and changes made to my practice I feel more comfortable recognizing stroke onset, how to score a stroke on the NIH scale, next steps, and what pharmacological interventions are used.