

#353

COMPLETE

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Page 1: CRPNM CCP Audit 2024

Q1

Please enter the assigned ID number that was sent to you in your e-mail from the CRPNM here:

DO NOT put any other identifying information on this form. **Sample 2024**
Auditors will be blind to your identity.

Q2 **ACCEPT**

DECLARATION:By clicking on the check box below I declare that I have engaged in a process of self-assessment and the statements contained in this Continuing Competency Program Audit are true and correct to the best of my knowledge.

Page 2: Part A. Self-Assessment Requirement

Q3 **ACCEPT**

DECLARATION:By clicking on the check box below I declare that as one of the requirements of the CRPNM Continuing Competence Program that I will maintain a professional portfolio.

Page 3

Q4 **Standards of Psychiatric Nursing Practice Self Assessment**
What tool(s) did you use to complete and document your self-assessment? (check all that apply) ,
Reserved Acts Self Assessment

Page 4

Q5

What tool(s) did you use to develop your learning plan?

I used the learning plan in the CRPNM Continuing Competence Package

Q6

How many learning objectives did you work on this year?

2-4

Page 5: REFLECTIVE PRACTICE REQUIREMENT: PART 1

Q7

Please identify one learning objective you worked on this year:

To further enhance my understanding of ADHD presentations in adults. I plan to enhance both my assessment and treatment skills regarding ADHD. I will learn best practices as relates to psychotropic and psychosocial intervention to treat ADHD.

Q8

AREA OF PSYCHIATRIC NURSING COMPETENCE
TARGETED: Please check one (1) to focus on for the following questions:

Planning and Intervention

Q9

Modes of Learning/Planned Strategies: How did you meet your area targeted?

Conferences/Courses/Workshops,

Self-Structured Learning (reading articles, journals, videos and other self-directed learning)

,

Academic Learning (structured coursework as part of a professional program or training)

Page 6: REFLECTIVE PRACTICE REQUIREMENT: PART 2

Q10

Please describe the way(s) in which you met your educational goals:

Planning and Intervention,

Other (please specify):

I attended many webinars that focused on the critical component of assessing ADHD symptoms to decipher the difference between anxiety, ASD and how to establish treatment targets. The education focused on both psychotropic intervention and how to maximize psychosocial intervention to further treat ADHD symptoms. I read 2 books that were referenced from the education webinars.

Q11

How did you know if you met your educational goals; e.g. how did it change your day-to-day practice as a result? Or, how did it enhance your competency you identified previously? Please feel free to use anonymous examples from practice.

Planning and Intervention,

Other (please specify):

I have implemented a new ADHD tool in treatment planning that I had not used before. This specific tool has the client check off an ADHD symptom that is interfering day-to-day. The tool then provides a corresponding ADHD environmental intervention to manage the specific symptom. I found this concrete way of identifying and planning around a symptom very helpful. Prior to learning this intervention, I would have incorporated mindfulness strategies or CBT strategies to target the symptom (still helpful) however adding this list of environmental interventions furthered my ability to identify practical tips with executive functioning. As a result of this change in my practice, I often receive feedback from my clients that the tool is helpful to develop insight into how their symptoms are manifesting. My clients have disclosed that this tool provides them with clear environmental accommodations for their work environment resulting in improved performance and confidence amongst their teams. What I have learned from implementing this into my practice is that providing clients with both cognitive and environmental interventions can promote further self management.

Page 7

Q12

Was your educational goal met?

Yes

Page 8

Q13

If your educational goal was met, please describe the ways in which you plan to implement this in your practice as a RPN:

Planning and Intervention,

Other (please specify):

Since learning and implementing this tool, I now plan to incorporate further assessment of how/what clients are doing to manage their ADHD symptoms in the initial assessment. Previously I would assess for ADHD, however, may not have placed as much emphasis on understanding how they manage their symptoms day-to-day. I plan to continue to incorporate the executive functioning intervention list (in addition to other strategies) to continue to enhance psychosocial management.

Page 9

Q14

Respondent skipped this question

If your goal was not met, or you recognize that you require further education to meet this goal, please describe the ways you plan to meet this in the coming year:

Page 10: Standards Of Psychiatric Nursing Practice

Q15

Choose one of the following Standards you met within the past year:

Standard 2: Competent, Evidence-Informed Practice: applies documentation principles to ensure effective written/electronic communication.

Page 11

Q16

Using the standard you selected, describe how you met this in your practice as an RPN:

Standard 2: Competent, Evidence-Informed Practice: applies documentation principles to ensure effective written/electronic communication.

Other (please specify):

I have met this standard by attending the Canadian Nurses Protective Society documentation webinar, reviewing policy changes in my program to ensure I am meeting the policy expectations with virtual communication. I have also had contact with ombudsman office to review safe practices while working mobile. As a result of above, I now password protect documents via email and have learned to add specifics in my documentation for virtual sessions - such as where the client is located and informed consent with a virtual format.

Q17

Yes

Did you complete a self assessment tool identifying areas of personal risk, and consider your fitness to practice?

Q18

Reflect on the results of the self-assessment tool. What protective factors do you plan to implement to monitor and manage any impact to your practice?

When completing the self assessment tool, I recognized some symptoms of burnout. I had originally thought I would score low, however once I engaged in the tool, and reviewed the outcome I was surprised at some of the results. I recognize that my increased flexibility with flexing my work hours into evenings to accommodate client needs may have been negatively impacting my work life balance. As a result of this reflection, I plan to establish boundaries with my work hours, I will spend time to consider how I am structuring my days with a balance of clinical and administrative tasks. I plan to use my banked vacation time and flex time to allow for more opportunities for self care and healthy breaks from my place of practice. During my clinical consultation I plan to regularly discuss how I am meeting client needs and balancing my own burnout and work stress to maintain balance and awareness of what my own signs and symptoms of burnout may be.
