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| **Objectives**  | **ANMC Competencies** |
| **1.** | Discuss the role of the nurse within a rural setting, identifying skills, knowledge and attitudes required to work effectively in a rural area of Australia. | 1.1, 1.2, 1.3,2.1, 2.3, 2.5, 2.6, 2.7,3.1, 3.2, 3.3,4.1, 4.2, 4.3, 4.4,6.3,7.2, 7.3, 7.4, 7.7, 7.8,8.1, 8.2,9.2, 9.4, 9.5,10.3 |
| **2.** | Be able to achieve effective, timely, safe and quality nursing care. | 1, 2.3, 2.4, 2.5, 2.6, 3.2, 4.1, 4.2, 5.1. 7.1, 7.3 |
| **3.** | Understand the different roles and responsibilities demonstrated of the hierarchy in the hospital setting mostly regarding nurses e.g Enrolled, Registered and NUM/ANUM | 1.1, 1.2, 1.3, 2.1, 2.3, 2.4, 2.6, 2.7, 3.2, 3.5, 4.3, 4.4, 5, 7, 10 |
| **4.** | Discuss the importance of aseptic technique and effective wound care in an acute setting. | 1.1, 2.3, 2.5, 3.2 |

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| **Objective 1** | **Discuss the role of the nurse within a rural setting, identifying skills, knowledge and attitudes required to work effectively in a rural area of Australia.** | 1.1, 1.2, 1.32.1, 2.3, 2.5, 2.6, 2.73.1, 3.2, 3.34.1, 4.2, 4.3, 4.46.37.2, 7.3, 7.4, 7.7, 7.88.1, 8.29.2, 9.4, 9.510.3 |

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| Date | CPD Activity | Evaluation |
| 20/04/2012 | To achieve this objective I will:* Ask the nurses themselves what they believe their roles are within the rural based health care setting and what they do on a daily basis and concentrate on how the interact with patients and other health care professionals.
* Observe the nurses in their workplace to gain a betting understanding of their thought processes required to effectively work in a rural area of Australia
* Research the hospitals policies and procedures
 | * Asking the nurses themselves proved very helpful in establishing the role of a nurse in a rural setting. After asking questions I have come to realise that rural nurses have a much larger role than that of a metropolitan area nurse. The need to be more than just a nurse, they need to be a teacher, a support system, a book of knowledge and a mentor.
* Several rural nurses from Stawell Regional Health stated that there isn’t always a doctor around so they are sometimes needed to be handy in all fields in order to work effectively. Several of these nurses voiced that I was frustrating at time to have to play so many roles but it was highly rewarding.
* A number of nurses also voiced frustration towards the doctors of the rural hospital because they were not always present and this could make things difficult in arranging and planning care for patients.
* It was evident upon talking to nurses from a rural area that their knowledge base was very wide and it need to be this way in order for them to work effectively in emergency situations. Especially when the emergency department is attached to the general ward and the nurse from emergency also had patients on the ward that they needed to care for. These nurses were required to think on their feet and prioritise care according to the needs of each individual patient.
* Researching hospital policies and procedures was a great idea; I found many documents on how and when nurses were required to share their knowledge. Discharge planning was a major category that was well documented throughout the hospital.
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| **Objective 2** | **Be able to achieve effective, timely, safe and quality nursing care in an acute setting.** | 1, 2.3, 2.4, 2.5, 2.6, 3.2, 4.1, 4.2, 5.1. 7.1, 7.3 |

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| Date | CPD Activity | Evaluation |
| 20/04/2012 | To achieve this objective I will:* Ask different nurses to share with me their time management techniques and also research different methods of effectively managing time.
* Observe nursing staff to learn a vast array of methods to effectively giving safe a quality care to patients.
* Research hospital protocol to establish a base for ensuring safe care for the patient and safety for the nurse. I.e. no lift policies
 | * Asking nurses directly to share their techniques with me in regards to effectively managing time seems a difficult task. Not all nurses are willing or have enough time to take a moment to chat to students and assist them. I found that some nurses just generally don’t like students whereas majority or the nurses on the ward were more than helpful and used to statement ‘we all have to start somewhere’ quite often.
* Watching nurses go about their day on the ward was very beneficial to me. Watching how the nurses would plan their day from the very beginning to end was always one of my favourite things to observe.
* Safety for the patient and staff needed to be taken into account as well as a thorough time plan of the shift, a lot of things need to be done in a day and I found it to be quite stressful some days more than others and in these cases it was necessary to try put your feelings of anxiety and stress aside to ensure you were providing quality patient centered care for the patient.
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| **Objective 3** | **Understand the different roles and responsibilities demonstrated of the hierarchy in the hospital setting mostly regarding nurses e.g Enrolled, Registered and NUM/ANUM** | 1.1, 1.2, 1.3, 2.1, 2.3, 2.4, 2.6, 2.7, 3.2, 3.5, 4.3, 4.4, 5, 7, 10 |

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| Date | CPD Activity | Evaluation |
| 20/04/2012 | To achieve this objective I will:* Research current information along with hospital protocols regarding the roles and responsibilities of nurses with alternate qualifications.
* Observe the nurses in their workplace and take note of how they go about their day and how they interact with their patients and fellow staff.
* Ask the nurses themselves about the responsibilities they have at the hospital and what they do throughout their day.
 | * Asking a Nurse Unit Manager (NUM) or Assistant Nurse Unit Manager (ANUM) proved most beneficial for me in understanding the different roles and responsibilities of all nursing staff. A NUM or ANUM is a very useful resource to use on the ward as it is there job to know what everyone needs to be doing and who is doing it.
* An ANUM or NUM is a very important role in the hierarchy of nursing staff, not only are they in charge of the current staff on each shift and what is happening but they are approachable and willing to help all staff and students with any questions they may have.
* Asking Enrolled (EN) and Registered (RN) nurses about what they believe their roles and responsibilities are on the ward was also a great plan as they were all aware of what they could and couldn’t do and were aware of who was available to help them when they needed assistance.
* According to researchable information each form of nurse (EN or RN ect) has a criteria that should be met and within that criteria there are certain responsibilities for each nurse. There are endless amounts of information available on this topic and I found it all very useful.
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| **Objective 4** | **Discuss the importance of aseptic technique in an acute setting.** | 1.1, 2.3, 2.5, 3.2 |

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| Date | CPD Activity | Evaluation |
| 20/04/2012 | To achieve this objective I will:* Research current evidence that proves the importance of maintaining an aseptic technique in an acute setting
* Research the consequences of compromising an aseptic technique
* Observe nursing staff’s methods to maintaining and working around aseptic technique
 | * Each nurse has a different idea of what aseptic technique is and although it was interesting to observe what each nurse’s method was I think for future reference I will find it beneficial to my own conscience and the patients health to stick to the method of aseptic technique that we were taught in first year in our clinical labs. Not every qualified nurse sticks to aseptic technique and I see this as a potential problem for the integrity of a patient’s health.
* Researching evidence demonstrating the importance of using and maintaining aseptic technique was interesting. I found it interesting to look at the statistics of how wound healing has improved since the introduction of aseptic and no touch techniques.
* Researching the consequences of compromising an aseptic technique was just as easy as researching the importance of maintaining this technique. When an aseptic area becomes compromised it is important to start over from the beginning to ensure bugs are not being introduced to an already compromised wound which is being dressed or cleaned ect.
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