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| **Objectives**  | **ANMC Competencies** |
| **1.** | Develop an understanding on conflict and work place bullying management in a hospital setting between colleagues. | 1.1, 1.2, 1.32.1, 2.2, 2.3, 2.4, 2.53.24.1, 4.2, 4.3, 4.410.2, 10.3, 10.4  |
| **2.** | Refresh my knowledge and skills in performing safe manual handling that follows the no lift policy either in an Aged Care or Hospital setting. | 1.1, 1.2, 1.33.1, 3.2, 3.3, 3.4, 3.54.1, 4.2, 4.3, 4.45.1, 5.2, 5.36.1, 6.2, 6.3, 6.47.1, 7.2, 7.4, 7.7, 7.88.1, 8.210.1, 10.2, 10.3, 10.4  |
| **3.** | Update to current practice of cardiopulmonary resuscitation by chest compression in an emergent situation in infant, child and adult victims in an out of hospital setting and hospital setting. | 1.2, 1.33.1, 3.2, 3.3, 3.4, 3.54.1, 4.2, 4.3, 4.45.1, 5.2, 5.37.2, 7.4, 7.8 |
| **4.** | Maintain knowledge, skills and awareness in infection control and proper hand washing to prevent nosocomial infection in a hospital or aged care setting. | 1.1, 1.2, 1.33.1, 3.2, 3.3, 3.4, 3.54.1, 4.2, 4.3, 4.45.1, 5.2, 5.36.1, 6.2, 6.3, 6.47.1, 7.2, 7.4, 7.7, 7.88.1, 8.210.1, 10.2, 10.3, 10.4 |
| **5.** | To increase my knowledge in safely, accurately and properly handling, transporting and collecting blood in a hospital setting. | 1.1, 1.2, 1.33.1, 3.2, 3.3, 3.4, 3.54.1, 4.2, 4.3, 4.45.1, 5.2, 5.36.1, 6.2, 6.3, 6.47.1, 7.2, 7.4, 7.7, 7.88.1, 8.210.1, 10.2, 10.3, 10.4 |

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| **Objective 1** | **Develop an understanding on conflict management style in a hospital setting between colleagues.** | 1.1, 1.2, 1.32.1, 2.2, 2.3, 2.4, 2.53.24.1, 4.2, 4.3, 4.410.2, 10.3, 10.4 |

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| Date | CPD Activity | Evaluation |
|  | To achieve this objective I will:* Attend a class seminar pertaining to the different styles of managing conflict and causes of conflict.
 | * Able to identify possible stimulating factors that lead to conflict, such as: miscommunication, differences in practice and perspective and restructuring or changes in the ward.
* Develop familiarity to the different conflict management styles.
* Able to apply conflict management style appropriately to a specific situation.
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| **Objective 2** | **Refresh my knowledge and skills in performing safe manual handling that follows the no lift policy either in an Aged Care or Hospital setting.** | 1.1, 1.2, 1.33.1, 3.2, 3.3, 3.4, 3.54.1, 4.2, 4.3, 4.45.1, 5.2, 5.36.1, 6.2, 6.3, 6.47.1, 7.2, 7.4, 7.7, 7.88.1, 8.210.1, 10.2, 10.3, 10.4  |

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| Date | CPD Activity | Evaluation |
|  | To achieve this objective I will:* Undergo a Manual Handling course provided by 4Life Institute, both theories and skills.
* Observe other nurses and personal care worker staffs and practice safe and proper manual handling at my age care placement provided by 4Life Institute at a residential nursing home.

  | * Has read and understood safety protocols and policies pertaining to manual handling such as the “No Lift Policy”.
* Able to apply proper body mechanics in caring for the residents and other activities in the nursing home.
* Able to safely assist residents while mobilizing, changing position of residents, transferring and maintaining hygiene.
* Able to identify the different uses of slings for different situation and needs of residents.
* Have sufficient knowledge in operating lifters and its proper applications.
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| **Objective 3** | **Update to current practice of cardiopulmonary resuscitation by chest compression in an emergent situation in infant, child and adult victims in an out of hospital setting and hospital setting.** | 1.2, 1.33.1, 3.2, 3.3, 3.4, 3.54.1, 4.2, 4.3, 4.45.1, 5.2, 5.37.2, 7.4, 7.8 |

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| Date | CPD Activity | Evaluation |
|  | To achieve this objective I will:* Attend and complete a Senior First Aid course provided by the 4Life Institute which includes an updated course on CPR (chest compression).
* Access and thoroughly read and comprehend the most current

Australian Resuscitation Council’s (ARC) guidelines.   | * Able to respond and apply effectively using the “DRSABCD” guide to emergent situations.
* Developed an increased knowledge and skill in the difference between performing effective emergent CPR to infants, child and adults.
* Able to assess thoroughly the patency of the victim’s airway and circulation and the management to open or maintain the victim’s airway such as the “Head tilt and Jaw thrust”.
* Able to properly use and manage Automated External Defibrillator (AED) device in an emergent situation.
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| **Objective 4** | **Maintain knowledge, skills and awareness in infection control and proper hand washing to prevent nosocomial infection in a hospital or aged care setting.** | 1.1, 1.2, 1.33.1, 3.2, 3.3, 3.4, 3.54.1, 4.2, 4.3, 4.45.1, 5.2, 5.36.1, 6.2, 6.3, 6.47.1, 7.2, 7.4, 7.7, 7.88.1, 8.210.1, 10.2, 10.3, 10.4 |

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| Date | CPD Activity | Evaluation |
|  | To achieve this objective I will:* Access an online course named, Principles of Infection Prevention and Control provided by the Australian Commission on Safety and Quality in Health Care (ACSQHC) and complete and pass the assessment at the end of the online course.
* Access an online course on proper hand hygiene provided by the Hand Hygiene Australia (HHA) named the Nursing/ Midwifery Staff Hand Hygiene Online Learning Package and complete and pass the assessment at the end of the online course.
 | * Has developed an awareness to prevent nosocimial infection by effectively applying and maintaining aseptic technique in the hospital or aged care setting.
* Had an increase in awareness in the domains in which hand sanitation is required before and after interacting within the 5 domains, which are: 1. Before touching a patient, 2. Before a procedure, 3. After a procedure or body fluid exposure risk, 4. After touching a patient and 5. After touching a patient’s surroundings (Hand Hygiene Australia [HHA], 2012).
* Has updated skills in proper hand washing technique and the appropriate application of alcohol based sanitizers and hand washing.
* Increased in awareness at identifying and properly applying standardized precautions and additional precautions in the hospital and aged care setting.
* Increased in awareness at indentifying and properly applying Personal Protective Equipments in the hospital or aged care setting.
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| **Objective 5** | **To increase my knowledge in safely, accurately and properly handling, transporting and collecting blood in a hospital setting.** | 1.1, 1.2, 1.33.1, 3.2, 3.3, 3.4, 3.54.1, 4.2, 4.3, 4.45.1, 5.2, 5.36.1, 6.2, 6.3, 6.47.1, 7.2, 7.4, 7.7, 7.88.1, 8.210.1, 10.2, 10.3, 10.4 |

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| Date | CPD Activity | Evaluation |
|  | To achieve this objective I will:* Access and thoroughly read 3 online modules by Blood Safe E- Learning Australia, which are: Clinical Transfusion Practice, Colleting Blood Specimen and Transporting Blood and complete and pass the assessment in each module.
 | * Developed awareness in identifying risks and benefits of red blood cell transfusion.
* Increase in knowledge and awareness in acquiring and declaring blood samples safely and accurately to prevent errors in blood labeling and giving the wrong blood type to patients.
* Able to safely handle blood samples with the awareness of the 72 – hour rule (which is its validity) and implement it effectively.
* Developed awareness in properly cross checking appropriate documents and blood packs from the blood bank or transfusion laboratory to prevent transfusing the wrong blood type to the patient.
* Developed awareness in properly transporting blood packs, especially red blood cell which has a 30 minute window in transporting from the fridge to being transfused and complete within the next 4 hours.
* Able to store blood packs safely and properly in a fridge with a controlled temperature to store specifically blood packages.

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