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| **Objectives**  | **ANMC Competencies** |
| **1.** | Discuss the role of the nurse within a regional setting, identifying skills, knowledge and attitudes required to work effectively in a regional area of Australia. | 1.1 1.2 1.3 2.1 2.2 2.3 2.4 2.5 2.6 2.7 3.1 3.2 3.3 3.4 3.5 5.1 5.2 5.3 6.1 6.2 6.3 6.4 7.1 7.2 7.3 7.4 7.5 7.6 7.7 7.8 8.1 8.2 9.1 9.2 9.3 9.4 9.5 10.1 10. 2 10.3 1 0.4  |
| **2.** | To learn and understand the responsibility and schedule, importance of time management, patient assessment and clinical skills of a nurse in a ward. | 1.1 1.2 1.3 3 2.1 2.2 2.3 2.4 2.5 2.6 2.7 3.1 3.2 3.3 3.4 3.5 5.1 5.2 5.3 6.1 6.2 6.3 6.4 7.1 7.2 7.3 7.4 7.5 7.6 7.7 7.8 8.1 8.2 9.1 9.2 9.3 9.4 9.5 10.1 10. 2 10.3 1 0.4  |
| **3.** | To recognize and understand the common medication used in the ward, so that I can carefully and confidently administer them in my clinical practice.  | 1.1 1.2 1.3 2.1 2.2 2.5 7.1 |
| **4.** | To obtain the skills that will facilitate me to work amongst a collaborating team of healthcare professionals to benefit the needs of a patient. | 2.5 4.3 4.4 6.2 6.3 6.4 7.6 7.7 8.1 8.2 9.2 10.1 10.2 10.3 10.4 |

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| **Objective 1** | Discuss the role of the nurse within a regional setting, identifying skills, knowledge and attitudes required to work effectively in a regional area of Australia. | 1.1 1.2 1.3 2.1 2.2 2.3 2.4 2.5 2.6 2.7 3.1 3.2 3.3 3.4 3.5 5.1 5.2 5.3 6.1 6.2 6.3 6.4 7.1 7.2 7.3 7.4 7.5 7.6 7.7 7.8 8.1 8.2 9.1 9.2 9.3 9.4 9.5 10.1 10. 2 10.3 1 0.4  |

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| Date | CPD Activity | Evaluation |
|  | To achieve this objective I will:Ask the nursing staff that I am very much interested in nursing practice and provide proper information regarding everything.Try and gather as much information as I can from hospital protocols, nursing notes and handover about the role of a nurse. Involve myself in the care of a patient to gather an understanding of a nurse’s role.Observe what the nurses do and how they interact with the patients and giving health education.  | Nurses are very dedicated in patient care and I got a clear view that patient care is very important Client teaching is relevant because many patients did not have a proper knowledge about their disease condition and further treatment After my four weeks of placement I have achieved a clear view that various roles of the nurse within a regional setting include:* Admission and planning patient care
* Treatment- hygiene, feeding, medication, pressure area care.
* To keep up to date with ever changing procedures and best methods of practice.
* Good Communication is important in patient care.
* Educated family members, friends, students, as well as the patient.
* Clear documentation
* To create a relationship with patients and family members that is based around therapeutic communication and trust.
* Discharge planning
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| **Objective 2** | To learn and understand the responsibility and schedule, importance of time management, patient assessment and clinical skills of a nurse in a ward. | 1.1 1.2 1.3 3 2.1 2.2 2.3 2.4 2.5 2.6 2.7 3.1 3.2 3.3 3.4 3.5 5.1 5.2 5.3 6.1 6.2 6.3 6.4 7.1 7.2 7.3 7.4 7.5 7.6 7.7 7.8 8.1 8.2 9.1 9.2 9.3 9.4 9.5 10.1 10. 2 10.3 1 0.4  |

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| Date | CPD Activity | Evaluation |
|  | To achieve this objective I will: Observe how nursing staff manage their shift.Learn to everyday activities of the wardI will develop my own time management skills by planning out my shift, on a number of different styles of planning sheets. | I found that the method of time management was extremely affective for both the staff and the patients. It allowed the nurses to lean on each other when they were under pressure. Through observing the staff I was able to observe how the ward operated and how to develop my own time management skills. I accomplish my own time management skills by using a time sheet and making check lists accordingly. This method also helped me to do proper handover. It is very important to make patients care plans and medication charts are crucial to time management. I realized that at the start of each shift if I planned out and made check boxes of tasks to complete at specific times. |

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| **Objective 3** | To recognize and understand the common medication used in the ward so that I can carefully and confidently administer them in my clinical practice. | 1.1 1.2 1.3 2.1 2.2 2.5 7.1 |

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| Date | CPD Activity | Evaluation |
|  | To achieve this objective I will:* Make a list of the usual medications that patients are on
* Observe how nurses would do the procedures
* Learn how to construe medication charts
* Ensure five rights when administering every drug.
 |  I could learn the procedures how the nurses administering medication and started to get the feel for how the drug charts read. Each time I was administering medication I always made sure to the nurse my side that I was correct with my calculations and that I came to know the importance of drug calculationI believe this was of great benefit for my learning and I was confident in administering the medication to the patient, as I knew what its action was.I got a clear view about fluids and IV antibiotics. Other common medication included, antiemetic, pain relief, and diuretics.  I began to gain confidence in reading and interpreting the medication charts. I hope to always be expanding my knowledge of medication as there are so many to learn and they are forever changing.  |

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| **Objective 4** | To obtain the skills that will facilitate me to work amongst a collaborating team of healthcare professionals to gain the needs of a patient. | 2.5 4.3 4.4 6.2 6.3 6.4 7.6 7.7 8.1 8.2 9.2 10.1 10.2 10.3 10.4 |

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| Date | CPD Activity | Evaluation |
|  | To achieve this objective I will:* Be aware of each patient’s specific needs and necessities that are under my care.
* Involve myself in in patient care.
* look at how the nurses work within their multidisciplinary teams
* Observing how healthcare professionals intermingle with each other.
 |  I could realize that all the health professionals should maintain,* Clear and proper documentation
* Being able to relay critical information clearly and concisely. (Doctor’s rounds, handover and when informing the patient and their family)
* Working intimately with team members and updating specific individuals depending on the situation.
* Developing and sustaining a professional association with all colleagues.
* Being aware of what each staff member’s role is within the hospital.
* Knowing your boundaries.
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