

Continuing Professional Development

ANU MATHEW

ID: 30099621

Clinical Setting Objectives

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| Name: | ANU MATHEW | Student ID: | 30099621 |
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| Objectives | | ANMC Competencies |
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| 1. | Discuss the role of the nurse within a rural setting, identifying the skills, knowledge and attitudes required to work effectively in a rural area of Australia. | 1.2, 2.3, 2.5, 2.6, 4.2, 4.3, 5.1, 5.2, 5.3, 6.1, 6.2, 6.3, 6.4, 7.2, 7.7, 9.1, 9.2, 9.4, 10.1, 10.2 |
| 2. | Understand and reflect on the challenges of caring for a patient who has disability in mobility and who also has critical problems. | 1.3, 2.2, 7.1, 7.4, 9.2, 10.3, 10.4 |
| 3. | Identify and learn about I.C.C.U patient assessment. | 2.2, 2.5, 2.6, 3.2, 4.1, 4.2, 5.2, 5.3, 7.4, 10.1, 10.2 |
| 4. | Improve my knowledge on how to prevent blood related infections in the I.C.C.U department. | 1.1, 1.2, 1.3, 2.1, 2.3, 3.1, 3.2, 3.3, 3.4, 4.1, 4.3, 4.4, 5.2, 5.3, 6.1, 6.2, 6.3, 7.1, 7.2, 7.4, 7.7, 8.1, 8.2, 10.1, 10.2, 10.4 |
| 5. | Identify the overall care goal in relation to a patient's value and quality-of-life desires. | 2.1, 2.3, 2.4, 6.1, 7.1, 7.7, 9.1, 9.2, 9.3, 9.4 |

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| Objective 1 | Discuss the role of the nurse within a rural setting, identifying the skills, knowledge and attitudes required to work effectively in a rural area of Australia. | 1.2, 2.3, 2.5, 2.6, 4.2, 4.3, 5.1, 5.2, 5.3, 6.1, 6.2, 6.3, 6.4, 7.2, 7.7, 9.1, 9.2, 9.4, 10.1, 10.2 |
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| Date | CPD Activity | Evaluation |
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| 30/MAY/2012 | <p>To achieve this objective I will:</p> <ul style="list-style-type: none"> • Attend seminars that are conducted by ANMC and also ask the nurses themselves about the roles they do play within a rural setting. • Observe how nurses cooperate with the clients' and their families or friends. • Close monitor and study how the nurses interact with other health care professionals. • Study and develop how the nurses work within their multidisciplinary teams. | <ul style="list-style-type: none"> • First of all, a nurse needs to be clever and have the ability to thinking critically when working in rural region. • By the words, rural region it is understood that the nurse should be providing care to clients who actually have less access to the health services. • Nurses those who work in the rural region should have clear and broad knowledge about the clients health. • Not only are they greatly relied on by their clients but also by family and members of the commune. • Nurses should understand and try to develop their knowledge in their different aspects of care. • Some aspects that could be mentioned are proper admission and care provided to the clients. • Let the patients know which treatment would be better for them using evidence based practice. • There should be a good communication with the patient, patient families' relatives and friends. • It is important to build a good rapport between them for better socializing. Only if these are satisfied the nurses could be able to deliver education if at all it's needed. • Not only proper documentation has to be done but also the care and treatment given should always be under the best possible hygiene methods. • All the discharge plans and their hospital stay plans should be planned in such a manner that the client or relatives don't have any doubts regarding such matters. • Everything done should be in a very systematic and detailed manner. |

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| Objective 2 | Understand and reflect on the challenges of caring for a patient who has disability in mobility and who also has critical problems. | 1.3, 2.2, 7.1, 7.4, 9.2, 10.3, 10.4 |
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| Date | CPD Activity | Evaluation |
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| 30/MAY/2012 | <p>To achieve this objective I will:</p> <ul style="list-style-type: none"> • Join a course and study about Manual Handling. • Inquire, how nurses deal with such patients who have such mobility disabilities or no mobility at all and who are in critical problems. • Look carefully how the nurses give full care to such patients. • Take care of patients with limited or no mobility who also have critical problems. | <ul style="list-style-type: none"> • As in Australia there is a “NO LIFT” policy. All the nurses are required to do Manual Handling courses every year. In the hospitals and age care facilities there are strict guidelines and protocols used to move patients. • Develop an understanding about the different types of manual handling equipments used. • Provide an empathetic care to patients when moving them from one place to another by following the procedures of manual handling. • Be very careful when moving patients with endotracheal tubes or foleys catheter, so that it wouldn't be displaced in any manner. • Pain management is another step that has to be taken when moving patients who are not sedated and also the clients should feel comfortable and reassure the clients, by saying not to get tensed by the procedures being done when moving a client. • When moving or turning a patient from one side to another or when repositioning proper care must be given and also the use of slide sheets, pat slides or even the bed mechanics could be used in a well mannered way to ease manual handling not only bringing safety to us but also safety to the client first. • Clients with such critical problems and immobility should always be repositioned every 2 hrs or else the chances of pressure sore would be high. It is also better to use water beds or air beds and also by repositioning the clients with proper pillow positioning that are prone to get more pressure sores. • Always plan the moving of patient to one place to another in a very detailed manner making no space for errors because they always would be expecting a safe environment, one small error could arise panic in such patients. |

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| Objective 3 | Identify and learn about I.C.C.U patient assessment. | 2.2, 2.5, 2.6, 3.2, 4.1, 4.2, 5.2, 5.3, 7.4, 10.1, 10.2 |
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| Date | CPD Activity | Evaluation |
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| 30/MAY/2012 | <p>To achieve this objective I will:</p> <ul style="list-style-type: none"> • Enroll myself into a course that will help me to get more knowledge about the I.C.C.U department management. • Study and develop my skills with the latest C.P.R and First Aid courses. • Develop my skills in assessing ICCU patients by asking experienced nurses on the same field. • Go to some of the reputed hospitals and volunteer myself in developing the pattern that they follow there with proper protocols and procedures. | <ul style="list-style-type: none"> • Know the protocols and regulations to be followed in an I.C.C.U setting. • Building a good rapport with the clients by having good communication skills. • All the information of the client in such a unit has to be maintained in a good way with all the information's being up to date with no errors. • Signs, symptoms and a level of their pain should be rated having a scale and should be documented accurately. • Any information regarding a patient condition should be properly taken over by another nurse in a systematic way not leaving any details behind. • The nurses there should always be capable of handling more than one emergency situation. • Nurses should do all the procedures without panic in any situations and be safe and careful. • Should have proper knowledge of E.C.G changes and the usage of defibrillators and other emergency medical instruments and equipments. • Should be fast and accurate in doing procedures when dealing patients with NSTEMI or Cardiac Arrest. |

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| Objective 4 | Improve my knowledge on how to prevent blood related infections in the I.C.C.U department. | 1.1, 1.2, 1.3, 2.1, 2.3, 3.1, 3.2, 3.3, 3.4, 4.1, 4.3, 4.4, 5.2, 5.3, 6.1, 6.2, 6.3, 7.1,7.2, 7.4, 7.7, 8.1, 8.2,10.1, 10.2, 10.4 |
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| Date | CPD Activity | Evaluation |
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| 30/MAY/2012 | <p>To achieve this objective I will:</p> <ul style="list-style-type: none"> • Do the online learning course on blood safe and also do some corresponding course regarding the infection control. • Observe and ask the experienced staff of how to prevent blood related infections and their safe handling and also disposal of blood stained or waste products. • Inquire knowledge about needle prick injuries, how far they could be dangerous with infectious patients and the ways to reduce needle pricks. | <ul style="list-style-type: none"> • In the I.C.C.U department nurses have to be very quick and safe due to the critical situations they have and also should wear protective gloves and have the knowledge of needle pricks. • Nurses should be provided and encouraged to know about the different types of blood causing infections and how extensive the damage could be done if not handled in a safe way. • Nurses should have the latest instruments and knowledge on the disposal of used needles and prevent needle related injuries and how to control such infections. • All blood products should be double checked before delivering to a client. • Blood products should always be handled under aseptic techniques to prevent maximum cross infections. • Nurses should keep their hand`s clean and clear performing hand hygiene techniques according to the hand hygiene standards and it should be noted if they are updating their information on such activities. • When transferring blood from one person to another, the environment should be sterile and be sure that the entire instruments used are sterile too. |

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| Objective 5 | Identify the overall care goal in relation to a patient's value and quality-of-life desires. | 2.1, 2.3, 2.4, 6.1, 7.1, 7.7, 9.1, 9.2, 9.3, 9.4 |
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| Date | CPD Activity | Evaluation |
|-------------|---|---|
| 30/MAY/2012 | <p>To achieve this objective I will:</p> <ul style="list-style-type: none"> • Watch the ways that doctors talk to clients and family, if at all permitted. • Discover who is concerned about the goals of patient treatment and who supports the clients and their family. • Inquire knowledge about the different types of treatments involved. • Closely learn the changes that occur in treatment goals. • Believe that all patients are entitled for the best quality of life and the end of life. | <ul style="list-style-type: none"> • In the I.C.C.U it is more than just the treatment of care delivered. • Nurses should always respect religious and cultural beliefs of a client and their family. • The moral support and the best care should be given; all their last requests made during their end stages should be respected and are very important factor in patients care. • Nurses should always educate and comfort the client's family and relatives with the ongoing treatments taking place. • It is important to document all details of the client in a detailed manner if the condition is falling worse day by day. • Nurses should keep the family well informed about client's conditions and avoid giving false statements giving them hope and wish. • Even though some client's family may disagree to discontinue the treatment procedures, it is the role of the nurse to explain to the family what's best for their loved ones and this is one of the hardest things to do in a nurse's life. • Nurses should always support and reassure the family, explaining the treatment step by step. • Understand the whole situation of a client in their last stages of life providing with the best quality care and best services they can ever get with all due respect. |