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| **Name:** | **Amita Ruwali** | **Student ID:** | **30099200** |

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| **Objectives**  | **ANMC Competencies** |
| **1.** | **Discuss the nurse’s role within a rural and remote setting of Australia, identifying nurse’s skills, knowledge, responsibilities and attitudes that is essential to work effectively in a rural area.** | **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****6.310.3****7.2, 7.3, 7.4, 7.7, 7.8****8.1, 8.2****9.2, 9.4, 9.5** |
| **2.** | **I will develop an understanding and get more knowledge about documentation.** | **1.1, 2.1, 2.6, 2.7, 3.3, 4.2, 4.4, 5,6, 7.2, 7.7,7.8, 8.1** |
| **3.** | **I will have increased my knowledge on the use of Therapeutic practice and effective communication with patient and their family members.** | **2.1,2.2, 2.3, 9.1, 9.2, 10** |
| **4.** | **To increase my understanding about mental health and nursing management.** | **1,2,3,4,5,6,8,9,10** |
| **5.** | **Develop an understanding on stress management in work place setting.** | **1.1, 1.2, 1.3****2.1, 2.2, 2.4, 2.5****3.2****4.1, 4.2, 4.3, 4.4****10.2, 10.3, 10.4** |

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| **Objective 1** | **Discuss the nurse’s role within a rural and remote setting of Australia, identifying nurse’s skills, knowledge, responsibilities and attitudes that is essential to work effectively in a rural area.** | 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, 4.46.310.37.2, 7.3, 7.4, 7.7, 7.88.1, 8.29.2, 9.4, 9.5 |

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| Date | CPD Activity | Evaluation |
|  | **To achieve this objective I will:*** Ask the nurses about their roles, responsibilities, what they do every day, what kinds of diseases and people they see, what health practices they will give and provide to them and are they doing according to their practice.
* Be observed what nurses doing with patients like watching and assist them in procedure and get idea how they communicate with patients and their visitors as well as how they provide the information to the patient and their family.
* I will read and get knowledge about hospital procedures and policies learn about documentation and also I will gain more knowledge about the Central Australian Rural Practitioners.
 | * The role of the nurses in the remote area is much more difficulties compared to the city because the nurses has to work overtime because of the shortage of staff, they are constantly providing support to the community as a counselors, educators, advocators and mediators.
* These nurses are great and respected by society, community members and the nurse’s relationship build in trust; they shared their problems to the nurse because they trust the nurse.
* Their knowledge of the community’s cycle of events and economy, together with the fluidity of nursing role boundaries, are essential elements in strengthening the effectiveness and quality of the care system.
* For rural nurses, the deteriorating conditions within the system that have caused so many to leave are more keenly felt. There is less staff to share the load and access to education and training is more difficult due to greater distances, cost, time and isolation.
* The advanced practice and leadership roles that many nurses play in the delivery of health care in rural and remote areas of Australia continues to go largely unrecognized and under support.
* The general public value nursing very highly but when it comes to the policy level, nursing remains largely invisible. Despite the recent Australian Policy document Health Horizons stating that rural nursing is essential to improving the health of rural people.
* Rural nurses have a particularly important part to play in improving the health of their communities. Nurses have always been the largest group of professional providers within the rural sector.
* More beneficial in terms of building autonomy and self-confidence with assessment and diagnosis of conditions.
* CARPA are pleased to advise that they are a member organization of the Remote Primary Health Care Manuals, a collaborative working together to produce and maintain a suite of manuals for indigenous and remote primary health care in Australia.
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| **Objective 2** | **I will develop an understanding and get more knowledge about documentation.** | **1.1, 2.1, 2.6, 2.7, 3.3, 4.2, 4.4, 5,6, 7.2, 7.7,7.8, 8.1** |

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| Date | CPD Activity | Evaluation |
|  | To achieve this objective I will: * Learn from my tutor about documentation in the tutorial class and in clinical skill class
* I will search in Google how to documentation in hospital setting and get more information from the book as well
* Learn how to write a clear direction for producing and maintaining high quality, defensible documentation.

  | * Get clear about the responsible for producing and maintaining patient/client health care records, which enable the provision of effective continuing care.
* I came to know that Nurses and midwives are accountable for the care they provide, a principle, which is enshrined in the Code of Professional Conduct for Nurses in Australia (Australian Nursing and Midwifery Council, 2003) and may be enacted through legislation in NSW in the form of the Nurses and Midwives Act 1991. Clear, relevant and accurate documentation is an essential component of nurses' and midwives' accountability and provides a mechanism for nurses and midwives to account for their professional actions.
* I understood that documentation should be made with respect to the total condition of the patient, not just a clinical specialty. In particular, nurses and midwives should document any change in the condition of the patient and who was notified of such a change.
* Nurses and midwives should record entries in the patient's notes as soon as possible after the events to which reference is being made have occurred, with the date and time for each entry recorded. All entries should also include the author's signature, printed name and designation. This clearly indicates when the record was made and by whom and ensures more reliable documentation.
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| **Objective 3** | **I will have increased my knowledge on the use of Therapeutic practice and effective communication with patient and their family members.** | **2.1,2.2, 2.3, 9.1, 9.2, 10** |

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| Date | CPD Activity | Evaluation |
|  | To achieve this objective I will: * Understand about the therapeutic care/ practice in tutorial session and I will apply in my clinical skill.
* Learn from the senior that how to provide effective care to the patient and how to deal with their family as well.
* Improve my communication skills by listening carefully, observation, and assertive.
 | * help the client to attain a feeling of being in charge, have a level of functioning and knowledge that will mobilize his/her energy
* To understand the meaning of “therapeutic interventions in nursing” I would like to find out what therapeutic instruments, if any, are used by nurses during therapeutic interventions.
* The nurse–patient relationship is highly valued as an essential part of caring.
* I able to ensures that personal values and attitudes are not imposed.
* Developing a partnership, intimacy, and reciprocity in the nurse-client relationship, caring and comforting, physical intervention, teaching, manipulation of the environment and alternative health practices.
* I will improve my communication by listening carefully to the client and my co-worker that will help me to get some information about patient health condition and their family health history which will help in their treatment.
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| **Objective 4** | **To increase my understanding about mental health and nursing management.** | **1,2,3,4,5,6,8,9,10** |

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| Date | CPD Activity | Evaluation |
|  | To achieve this objective I will:* Complete mental health unit and I passed assignment and exam.
* I learned about the treatment and nursing management.
 | * I understood about legal and ethical issue concerned with the care and treatment of people with a mental illness under mental health legislation.
* Develop trusting relationship with patient to demonstrate caring and, encourage patient to practice new skills in a safe therapeutic setting
* I understood that mental health nurses use a range of therapeutic nursing intervention when they worked with people who have got mental problems
* I learned that nurse should seek to engage with the person in care in a positive and collaborative way that will empower the patient to draw on his or her inner resources in addition to any other treatment they may be receiving.
* I got knowledge to act of being genuine must come from within and be expressed by nurses without reluctancy.
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| **Objective 5** | **Develop an understanding on stress management in work place setting.** | **1.1, 1.2, 1.3****2.1, 2.2, 2.3, 2.4, 2.5****3.2****4.1, 4.2, 4.3, 4.4****10.2, 10.3, 10.4** |
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| Date | To achieve this objectives I will:* Study about stress and its management.
* Attend the tutorial session about Stress, after that I able to present the power point presentation in the class and I shared my knowledge to my friends and I got good feedback from teacher.
 | * A positive influence to the people that stress can help compel them to action and also can result in new awareness and an exciting new perspective.
* Able to manage stress management in the workplace setting.
* Learned that learning better communication skills help to reduce stress.
* Able to identify the stressors and its management at the end of the tutorial session.
* I able to make understand to my friend about stress and it management in ours daily life and workplace environment.
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