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| **Objectives** | | **ANMC Competencies** |
| **1.** | Update the current practice of cardiopulmonary resuscitation in an emergent situation especially in adult client in an out of hospital setting and hospital setting(ICU) | 1.2, 1.3  3.1, 3.2, 3.3, 3.4, 3.5  4.1, 4.2, 4.3, 4.4  5.1, 5.2, 5.3  7.2, 7.4, 7.8 |
| **2.** | Improve my knowledge and skills in new changes in performing manual handling that follows the no lift policy, working of new lifters either in an Aged Care or Hospital setting. | 1.1, 1.2, 1.3  3.1, 3.2, 3.3, 3.4, 3.5  4.1, 4.2, 4.3, 4.4  5.1, 5.2, 5.3  6.1, 6.2, 6.3, 6.4  7.1, 7.2, 7.4, 7.7, 7.8  8.1, 8.2  10.1, 10.2, 10.3, 10.4 |
| **3.** | . To evaluate the proper application of professional leadership and management practices for the nurse and the multidisciplinary team caring for individuals, groups, communities and populations | 2.1, 2.2, 2.3, 2.4, 2.5, 2.6, 2.7,  3.1, 3.2, 3.3, 3.4, 3.5,  4, 5 & 6. |
| **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, 1.3  3.1, 3.2, 3.3, 3.4, 3.5  4.1, 4.2, 4.3, 4.4  5.1, 5.2, 5.3  6.1, 6.2, 6.3, 6.4  7.1, 7.2, 7.4, 7.7, 7.8  8.1, 8.2  10.1, 10.2, 10.3, 10.4 |
| **5.** | To improve knowledge and skills to become a competent and successful nurse in both rural as well as urban 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 |

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| **Objective 1** | Update the current practice of cardiopulmonary resuscitation in an emergent situation especially in adult client in an out of hospital setting and hospital setting(ICU) | 1.2, 1.3  3.1, 3.2, 3.3, 3.4, 3.5  4.1, 4.2, 4.3, 4.4  5.1, 5.2, 5.3  7.2, 7.4, 7.8 |

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| Date | CPD Activity | Evaluation |
|  | To achieve this objective I will:   * Attend a class seminar regarding the importance of knowing the Basic Life Support which includes CPR * Attend and complete a Senior First Aid course provided by the 4Life Institute which includes an updated course on CPR . * Attend class for Advanced Cardiac Life Support under Australian Heart Foundation. * Access and thoroughly read and comprehend the most current   Australian Resuscitation Council’s (ARC) guidelines | * Developed an increased knowledge and skill in the difference between performing effective emergent CPR especially for 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 2** | Improve my knowledge and skills in new changes in performing manual handling that follows the no lift policy, working of new lifters either in an Aged Care or Hospital setting. | 1.1, 1.2, 1.3  3.1, 3.2, 3.3, 3.4, 3.5  4.1, 4.2, 4.3, 4.4  5.1, 5.2, 5.3  6.1, 6.2, 6.3, 6.4  7.1, 7.2, 7.4, 7.7, 7.8  8.1, 8.2  10.1, 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. * Under go special induction class regarding New trends in Manual Handling and Fall management | * Undergone Manual handling training and understood new changes in that * Has read about self safe management while using lifters like proper body posture techniques * 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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| Date | CPD Activity | Evaluation |
|  | To achieve this objective I will:   * Identify how the application of professional leadership and management practices influences multidisciplinary teams in the provision of care * Evaluate individual, group, community and population care and influence of leadership and management in those areas | * These practices are considered as a part of structured plan in which the staffs are allocated duties and tasks by the leader to perform efficiently. When the structured plan is appropriate then the delivery of care by multidisciplinary team becomes more comfortable and patient centered. * The management and leadership roles can be vary significantly according to the participants. The population often demands a very structured system to make organization within a functioning strategy. |

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| **Objective 3** | . To evaluate the proper application of professional leadership and management practices for the nurse and the multidisciplinary team caring for individuals, groups, communities and populations | 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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| **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, 1.3  3.1, 3.2, 3.3, 3.4, 3.5  4.1, 4.2, 4.3, 4.4  5.1, 5.2, 5.3  6.1, 6.2, 6.3, 6.4  7.1, 7.2, 7.4, 7.7, 7.8  8.1, 8.2  10.1, 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. * Attended seminars regarding the risk of cross infection and need of safe hand washing technique | * Following WHO guidelines for proper hand washing * 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,(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 identifying and properly applying Personal Protective Equipments in the hospital or aged care setting.   . |

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| **Objective 5** | To improve knowledge and skills to become a competent and successful nurse in both rural as well as urban Australia | 1.1, 1.2, 1.3  3.1, 3.2, 3.3, 3.4, 3.5  4.1, 4.2, 4.3, 4.4  5.1, 5.2, 5.3  6.1, 6.2, 6.3, 6.4  7.1, 7.2, 7.4, 7.7, 7.8  8.1, 8.2  10.1, 10.2, 10.3, 10.4 |

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| Date | CPD Activity | Evaluation |
|  | To achieve this objective I will:   * To undergo all ANMC code of ethics * To understand AHPRA rule * Attend all continuing nursing program me to develop the skills. * Undergone online courses for the nursing competency skills * Involve in the nursing practice which the nurses are performing, analysis the method of health education which they deliver to them, find out how they interact with the clients to collect basic as well as health information | * Able to become a competent Registered Nurse by understanding ANMC standards. * It is able to provide evidence based health care practice to all individuals despite of culture, religion, gender, age and race. Respect all the individuals according to their rights. * Registered nurses are also responsible for the care after discharge procedure. They are supposed to provide community services for those who need extra assistance. |