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| **Objectives**  | **ANMC Competencies** |
| **1.** | To identify the skill, knowledge and attitude which are required for a registered nurse to work effectively in rural area of Australia | 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, 4.46.3 |
| **2.** | To maintain therapeutic relationship with client and healthcare professionals to provide comprehensive nursing care.  |  9.1, 9.2, 9.3, 9.4, 10.1, 10.2, 10.3, 10.4.  |
| **3.** | To distinguish the importance of time management and nursing care plan which include complete assessment, planning, interventions, implementation and evaluation | 1.1, 1.2, 2.4, 2.5, 2.6, 5.1, 5.2, 6.1, 6.2, 6.3, 6.4, 7.1, 7.2, 7.3, 7.5, 7.6, 7.7, 7.8, 8.1,9.4, 10.2, 10.3 |
| **4.** | To analyses the utility and responsibilities of a registered nurse in the emergency situation to deliver effective care to the patient. | 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, 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, 7.3, 7.4. |

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| **Objective 1** | To identify the skill, knowledge and attitude which are required for a registered nurse to work effectively in rural area of Australia  | 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, 4.46.3 |

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| Date | CPD Activity | Evaluation |
|  | To achieve this objective I will:* Discuss and ask questions to other nurses who are working in rural hospital about the skills, knowledge and attitudes that we must maintain and perform so as to practice in rural hospital.

 * Compare the roles of a nurse who are working in rural and metropolitan hospitals and research the different roles
* Read hospital policies, protocols and other documentation regarding the nursing practice.
* Communicate with the nurses on the field and clear all the questions regarding the roles of nurses
 | * The rural hospital environments are very different from the urban hospital. The nurses in the rural settings plays different role. They normally do the nursing procedures as well as they act in different roles. The roles are mentor, advocate, counselors, educators, and a good communicator.
* The nurse client relationships in the rural settings enable the people to express their problems to nurses without any doubt so that the nurses can take actions immediately to prevent complication. For examples like violence, abuse or any physical harm.
* 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 should be responsible for the care after discharge procedure. They are supposed to provide community services for those who need extra assistance.
* The nurse knows huge information regarding their patients which in turn helps in treatment modality.
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| **Objective 2** | To maintain therapeutic relationship with clients and healthcare professionals to provide comprehensive nursing care. | 9.1, 9.2, 9.3, 9.4, 10.1, 10.2, 10.3, 10.4. |

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| Date | CPD Activity | Evaluation |
|  |  To accomplish this objective I will:* Communicate together with individuals or groups in a supportive manner, uses effective communication techniques, assist and supports the clients to make decisions.
* Establish relationship with individual or groups that enhance their ability to express feelings and self-confidence.
* Improve my communication skill and provide adequate time for discussion and use open or closed questions appropriately.
 | * Establishes empathy, Trust and respect for the dignity and to interact with groups/ individual in a supportive manner.
* To maintain appropriate professional boundaries in the relationships with patients.
* I can able to ensure that personal values and attitudes are not imposed and the relationship between the client and the nurse is an essential part of caring.
* I got a clear outlook that how therapeutic relationship could help the patients emotionally and how they can cope with their problems by themselves.
* To seek the definition of therapeutic interventions for nurses, I would like to seek for other tools that are used during the intervention.
* To establish a relationship with the patient that manipulates the environment and other health practices.
* Active listening to my colleagues and the patient’s significant others helped me establish a baseline data for my patient and be able to come up with a good nursing care plan for them.
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| **Objective 3** | **To distinguish the importance of time management and nursing care plan which include complete assessment, planning, interventions, implementation and evaluation?** | 1.1, 1.2, 1.32.1, 2.2, 2.3, 2.4, 2.5, 2.6, 2.7,3.1, 3.2, 3.3, 3.4, 3.5. 4.1, 4.2, 4.3, 5, 6, 7, 8, 9 &10 |

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| Date | CPD Activity | Evaluation |
|  | * To achieve this objective I will:

>Observe other nurses, how they are manages their patient and participate in emergency management practices. >Get effective and timely direction and supervision from other experienced nurses to ensure that delegated care is provided safely and accurately.>Improve my knowledge and skills to manage different medical conditions in to the clinical settings. | * Time management tools help in planning and carrying out of the care, and also nurses to increase their skills get stress relief and it is about planning things, prioritizing them and making decisions.
* Enquiring the help of the senior nurses is a way of getting good time management for the student nurses. This will reduces the workload and stress to ssthe nurse and also better time management skills will help me to deliver better care to patients.
* According to care plan helps the nurses to provide an outline for nursing care, to promote quality, to promote continuity of care, and to maintain communication among nursing staff and other health professionals.
* Care plan helps me to prioritize all the activities through that I can provide appropriate care to the patients.
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| **Objective 4** | **To analyses the utility and responsibilities of a registered nurse in the emergency situation to deliver effective care to the client.** | **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, 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, 7.3, 7.4.** |

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| Date | CPD Activity | Evaluation |
|  | To achieve this objective I will:* Discuss the role of registered nurse in the emergency department
* Accomplish knowledge regarding the critical nursing practice in the emergency situations.
* Recognize the expectations of a registered nurse
 | * + - There are different roles for a registered nurse in the emergency department such as critical thinker, administrative role, and so on. The main role is to gather data regarding patient care, including their past history, present history, clinical complains in which they are suffering from.
		- The community nurse should be managing community assistance and services to the people. This normally does by a registered nurse who is specifically in charge of the patients after hospital care.
		- A dynamic thing in rural settings is the critical analysis of a condition. The registered nurse in these areas needs to perform basic life support on patients when it is essential.
		- A registered nurse play an important role in emergency situation such as advanced life support, airway management, fluid resuscitation, oxygen therapy, and CPR are all performed by a nurse in the presence of physician.
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