

## Professional Growth Plan

The Nova Scotia College of Nursing (NSCN) is the regulatory body for licensed practical nurses (LPNs), registered nurses (RNs), registered nurse authorized prescribers (RN-APs) and nurse practitioners (NPs) in Nova Scotia. Our mandate is to protect the public by promoting the provision of safe, competent, ethical and compassionate nursing services by our registrants.

The Continuing Competence Program (CCP) guides nurses to continuously improve their practice by providing a framework for nurses to set goals, make practice improvements and continue to deliver high quality care to Nova Scotians. For specific information on how to complete the Professional Growth Plan, see the [CCP Guide for Nurses](#).

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<b>Nursing Designation:</b>		LPN		RN	✓	RN-AP	NP

### Opportunities for Growth and Learning Based on Self-Assessment

Opportunity	Action idea for learning
Caring for clients who have long lists of medications and may not have had a full medication review recently	<ul style="list-style-type: none"> <li>• Become familiar with applicable health conditions and medications</li> <li>• Understand more about polypharmacy including what team members are appropriate to accept these consultations and referrals</li> </ul>

For the purposes of CCP, the client includes any individuals, families, groups or communities who are the recipient of nursing services. For nurses in non-clinical positions, such as education or management, the client is the recipient of your services. As an educator for example, your client may be a student, nurse or other care provider. As a manager, your client may be your team or individuals on your team.

# Learning Goal #1

Your goal must be based on my learning needs and linked to a standard and indicator in the standards of practice

I want to learn more about what defines polypharmacy in my current practice setting by the end of this year.

## Related Standard & Indicator

<b>Standard</b>	Standard 4: Professional Relationships and Leadership
<b>Indicator</b>	4.4 Consult with and refer to an appropriate health care team member when there are indications of polypharmacy and medication(s) and/or device(s) may need to be discontinued.

## Learning Activities to Meet Goal #1

Reminders:

- Ask yourself: what am I going to do to meet my goal?
- You must list two activities.
- The activities can be formal or informal (e.g. lunch and learn, self-directed study, eLearning, reading journals, peer support)

	Activity	Proposed Date completed by	Actual Date completed
#1	Discuss polypharmacy indications with my team members including nurse practitioner and pharmacist on my unit.	February 29, 2024	March 15, 2024
#2	Review <a href="#">NSCN RN Prescriber Practice Guidelines</a> .	March 20, 2024	March 20, 2024

## Reflective Evaluation for Goal #1

After you complete your learning activities, self-reflect on:

- How has your learning impacted client outcomes as well as your nursing practice?

My new learning has positively impacted client outcomes, being able to effectively and efficiently consult and refer clients who may require an in-depth medication review has resulted in timely care. I am a more effective RN prescriber and leader, and I will continue to reflect on my practice.