



NAME	NSCN REGISTRATION #	YEARS OF NURSING PRACTICE
PRACTICE SETTING	ROLE	

The purpose of the self-assessment tool is to help you determine how well you are meeting the *Standards of Practice for Registered Nurses (2017)*. The *Standards of Practice for Registered Nurses* are the minimal professional practice expectations for any registered nurse in any setting or role, approved by the Board or otherwise inherent in the nursing profession’ (*Nursing Act, 2019*).

This tool will assist you in determining how well you are meeting each standard and associated indicators in your practice while considering the needs of your client population and your practice setting. The self-reflection that you completed (e.g. FRAME) could be helpful with this process.

As you will note, there is not an option for “not applicable” as the standards are the minimal practice expectations for all RNs in Nova Scotia, regardless of practice setting, and therefore all indicators should apply.

Review the tables and rate yourself on a scale of 1-4 as to how consistently you are meeting each indicator. At the end of this process, select two indicators to add to your learning plan. You can choose indicators which you rated as 1 or 2, or indicators that you would like to further develop to enhance your practice.



## Standard 1: Responsibility and Accountability

Registered nurses are responsible to practise safely, competently, compassionately and ethically and are accountable to clients, the employer, the profession and the public.

INDICATOR	AM I MEETING THE EXPECTATIONS OF THIS INDICATOR CONSISTENTLY?			
	NOT AT ALL		ALWAYS	
<b>1.1</b> I am accountable and accept responsibility for my actions, inactions, decisions and the evaluation of my own practice.	1	2	3	4
<b>1.2</b> I attain, maintain and demonstrate the appropriate competencies (knowledge, skills and judgment) to practise safely and provide client-centred care.	1	2	3	4
<b>1.3</b> I advocate for and contribute to the development and implementation of policies, programs and practices relevant to the practice setting that improve nursing practice and/or health care (e.g. best practice, client's rights, quality practice environments).	1	2	3	4
<b>1.4</b> I exercise reasonable judgment and seek assistance appropriately.	1	2	3	4
<b>1.5</b> I demonstrate behaviours that uphold the public's trust in the profession.	1	2	3	4
<b>1.6</b> I recognize, intervene and report near misses, no harm incidents and/or harmful incidents in my practice environments where client safety and well-being is potentially or actually at risk.	1	2	3	4
<b>1.7</b> I contribute to safe, supportive quality practice environments.	1	2	3	4
<b>1.8</b> I coordinate, distribute and utilize resources within my control to provide effective and efficient care.	1	2	3	4
<b>1.9</b> I demonstrate continuing professional development, including compliance with the NSCN Continuing Competence Program.	1	2	3	4
<b>1.10</b> I use technology (e.g., social media) responsibly and appropriately to enhance nursing practice.	1	2	3	4

### NOTES






## Standard 2: Knowledge-Based Practice

Registered nurses practise using evidence-informed knowledge relevant to their legislated and individual scope of practice to provide client-centred nursing care and services.

INDICATOR	AM I MEETING THE EXPECTATIONS OF THIS INDICATOR CONSISTENTLY?			
	NOT AT ALL		ALWAYS	
<b>2.1</b> I use critical inquiry to assess, plan, intervene, monitor and evaluate client care and related services.	1	2	3	4
<b>2.2</b> I establish the initial nursing plan of care based on a comprehensive assessment.	1	2	3	4
<b>2.3</b> I maintain and evaluate the nursing component of the plan of care.	1	2	3	4
<b>2.4</b> I coordinate client care and/or health services throughout the continuum of care.	1	2	3	4
<b>2.5</b> I monitor the effectiveness of the plan of care and revise the plan appropriately and in collaboration with the health care team.	1	2	3	4
<b>2.6</b> I appropriately document (written and/or electronic) timely and comprehensive assessments, decisions about client status, plans of care, interventions and outcomes.	1	2	3	4
<b>2.7</b> I respect diversity and promote cultural competence and a culturally safe environment for clients and members of the health care team.	1	2	3	4
<b>2.8</b> I promote quality practice environments that encourage learning, integration of research findings and evidence-informed practice.	1	2	3	4
<b>2.9</b> I understand and communicate the unique role of the registered nurse to members of the health care team, clients and the public.	1	2	3	4
<b>2.10</b> I analyze changes within the health care system that impact on my own practice and adapt appropriately.	1	2	3	4

### NOTES




## Standard 3: Client-Centred Relationships

Registered nurses establish professional and therapeutic relationships using a client-centred approach.

INDICATOR	AM I MEETING THE EXPECTATIONS OF THIS INDICATOR CONSISTENTLY?			
	NOT AT ALL		ALWAYS	
<b>3.1</b> I establish, maintain and appropriately end professional, therapeutic relationships with clients and their families.	1	2	3	4
<b>3.2</b> I maintain appropriate boundaries within professional and therapeutic relationships with clients and take appropriate actions when those boundaries are not maintained.	1	2	3	4
<b>3.3</b> I establish a professional presence with clients.	1	2	3	4
<b>3.4</b> I advocate for clients in their relationships with the health system.	1	2	3	4
<b>3.5</b> I provide relevant information to clients regarding their health.	1	2	3	4
<b>3.6</b> I respect and promote clients' rights to informed decision-making and informed consent.	1	2	3	4
<b>3.7</b> I protect the privacy and dignity of clients.	1	2	3	4
<b>3.8</b> I uphold ethical and legal responsibilities related to maintaining client confidentiality in all forms of communication (e.g., e-records, verbal, written, social media).	1	2	3	4
<b>3.9</b> I optimize the client's central role in their care.	1	2	3	4
<b>3.10</b> I communicate effectively and respectfully with clients in a timely manner to promote continuity and the delivery of safe, competent, compassionate and ethical care.	1	2	3	4

### NOTES




### Standard 4: Professional Relationships and Leadership

Registered nurses establish professional relationships with health care team members and demonstrate leadership to deliver quality nursing and health care services.

INDICATOR	AM I MEETING THE EXPECTATIONS OF THIS INDICATOR CONSISTENTLY?			
	NOT AT ALL		ALWAYS	
4.1 I provide leadership through formal and informal roles.	1	2	3	4
4.2 I provide leadership in developing strategies to improve client care outcomes.	1	2	3	4
4.3 I participate in formal and/or informal educational opportunities to facilitate growth in leadership skills.	1	2	3	4
4.4 I communicate (written and verbal) and collaborate with other team members in an effective and timely manner to promote continuity and the delivery of safe, competent, compassionate and ethical care.	1	2	3	4
4.5 I practise both independently and collaboratively as a member of the health care team while understanding and respecting other team members' scopes of practice and contributions.	1	2	3	4
4.6 I exhibit professional judgment and accountability when assigning, delegating or assuming responsibilities.	1	2	3	4
4.7 I act as an effective role model, resource, preceptor, coach and/or mentor to clients, learners, nursing peers and colleagues.	1	2	3	4

#### NOTES




## Standard 5: Individual Self-Regulation

Individual registered nurses are accountable to regulate themselves in accordance with their legislated and individual scope of practice.

INDICATOR	AM I MEETING THE EXPECTATIONS OF THIS INDICATOR CONSISTENTLY?			
	NOT AT ALL		ALWAYS	
<b>5.1</b> I follow current legislation, standards and regulatory documents relevant to my practice setting.	1	2	3	4
<b>5.2</b> I recognize and address violations of practice, legal and ethical obligations by myself or others in a timely and appropriate manner.	1	2	3	4
<b>5.3</b> I report to employers and/or the appropriate regulatory body concerns related to incompetence, professional misconduct, conduct unbecoming the profession, and/or incapacity of nurses and/or other health care providers.	1	2	3	4
<b>5.4</b> I support health care team members who reasonably report violations of practice, legal and ethical obligations by themselves or others to employers or the appropriate regulatory body.	1	2	3	4
<b>5.5</b> I take appropriate action to resolve professional practice issues.	1	2	3	4
<b>5.6</b> I take appropriate action to ensure my physical, psychological and emotional health does not negatively affect my ability to provide safe, competent, compassionate and ethical care.	1	2	3	4

### NOTES


