

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 *Registered Psychiatric Nurses Standards of Practice* (2025). The *Registered Psychiatric Nurses Standards of Practice* are the minimal professional practice expectations for any registered psychiatric nurse in any setting or role, approved by the Board or otherwise inherent in the nursing profession.

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 RPNs 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: Therapeutic Relationships

The registered psychiatric nurse establishes collaborative professional, interpersonal, and therapeutic relationships with clients.

INDICATOR	AM I MEETING THE EXPECTATIONS OF THIS INDICATOR CONSISTENTLY?			
	NOT AT ALL		ALWAYS	
1.1 I continually apply the therapeutic use of self within professional practice.	1	2	3	4
1.2 I recognize and address power imbalances in therapeutic relationships.	1	2	3	4
1.3 I ensure client needs remain the focus of the therapeutic relationship.	1	2	3	4
1.4 I do not exploit the vulnerability of persons encountered through my practice.	1	2	3	4
1.5 I use professional judgment, effective communication and interpersonal skills, and practice with integrity to establish, maintain and terminate the therapeutic relationship.	1	2	3	4
1.6 I recognize and address transference and counter-transference and their impact on the therapeutic relationship.	1	2	3	4
1.7 I apply critical thinking and professional judgment in therapeutic relationships.	1	2	3	4
1.8 I establish and negotiate boundaries in therapeutic relationships.	1	2	3	4
1.9 I practice according to the principles of informed consent and confidentiality.	1	2	3	4
1.10 I will make the best effort to find suitable alternatives to treating family or friends.	1	2	3	4
1.11 I develop partnerships using a client-centred, integrated and holistic approach.	1	2	3	4

NOTES

Standard 2: Competent Evidence Informed Practice

The registered psychiatric nurse continually acquires and integrates evidence-informed knowledge and builds on psychiatric nursing education and lifelong learning.

INDICATOR	AM I MEETING THE EXPECTATIONS OF THIS INDICATOR CONSISTENTLY?			
	NOT AT ALL		ALWAYS	
2.1 I apply evidence-informed knowledge, skill, critical thinking and professional judgment to assess, plan, implement, and evaluate in the practice of psychiatric nursing.	1	2	3	4
2.2 I incorporate evidence-informed knowledge to promote safety and quality in psychiatric nursing practice.	1	2	3	4
2.3 I use communication skills effectively.	1	2	3	4
2.4 I integrate cultural competence and cultural safety into their practice with diverse clients.	1	2	3	4
2.5 I recognize potential risks and hazards and implement interventions to promote a safe environment.	1	2	3	4
2.6 I integrate infection prevention and control principles into practice.	1	2	3	4
2.7 I document the application of the clinical decision-making process in a responsible, accountable and ethical manner.	1	2	3	4
2.8 I apply documentation principles to ensure effective written/electronic communication.	1	2	3	4
2.9 I remain current in knowledge relevant to my practice.	1	2	3	4
2.10 I incorporate knowledge of therapeutic modalities and conceptual models of psychiatric nursing.	1	2	3	4
2.11 I coordinate client care and/or health services throughout the continuum of care.	1	2	3	4
2.12 I establish, maintain and coordinate a plan of care based on a comprehensive psychiatric nursing assessment.	1	2	3	4

NOTES

Standard 3: Professional Responsibility and Accountability

The registered psychiatric nurse is accountable and responsible for safe, competent and ethical psychiatric nursing practice that meets the standards of the profession and legislated requirements.

INDICATOR	AM I MEETING THE EXPECTATIONS OF THIS INDICATOR CONSISTENTLY?			
	NOT AT ALL		ALWAYS	
3.1 I am accountable and responsible for my actions, inactions, decisions and the evaluation of my practice.	1	2	3	4
3.2 I maintain current registration/licensure.	1	2	3	4
3.3 I practice in accordance with all relevant legislation and regulation including the Registered Psychiatric Nurses Standards of Practice.	1	2	3	4
3.4 I exercise professional judgment when agency policies and procedures are unclear or absent.	1	2	3	4
3.5 I assume responsibility and accountability for continuing competence, and for meeting continuing competence requirements.	1	2	3	4
3.6 I seek out the necessary resources using skill and professional judgment to address personal and professional limitations.	1	2	3	4
3.7 I recognize the competencies and limitations of colleagues and/or students when assigning responsibilities.	1	2	3	4
3.8 I respond to and/or reports unsafe practice, professional incompetence, professional misconduct, and incapacity or fitness-to-practice issues to the appropriate authority.	1	2	3	4
3.9 I comply with any legal duty to report, including abuse or potential harm to the public.	1	2	3	4
3.10 I self-report to the regulatory body if my fitness to practice is compromised.	1	2	3	4
3.11 I use technology, electronic communication and social media responsibly and professionally.	1	2	3	4

NOTES

Standard 4: Leadership and Collaboration in Quality Psychiatric Nursing Practice

The registered psychiatric nurse enhances the safety, quality and effectiveness of psychiatric nursing practice through leadership and collaboration.

INDICATOR	AM I MEETING THE EXPECTATIONS OF THIS INDICATOR CONSISTENTLY?			
	NOT AT ALL		ALWAYS	
4.1 I engage in practices that promote physical, environmental and psychological safety.	1	2	3	4
4.2 I evaluate the effectiveness of interventions.	1	2	3	4
4.3 I participate in quality improvement activities to initiate changes in psychiatric nursing practice and in the health care system.	1	2	3	4
4.4 I collaborate with clients, team members, families and other stakeholders to develop comprehensive psychiatric nursing care to achieve the client's health goals.	1	2	3	4
4.5 I mentor colleagues, system partners and others.	1	2	3	4
4.6 I promote collaborative practice among health care professionals through respectful working relationships and appropriate documentation practices.	1	2	3	4
4.7 I act as a leader, teacher and role model to students, beginner practitioners and colleagues, supporting, instructing and/or mentoring them in their professional development.	1	2	3	4
4.8 I take action to resolve professional practice issues.	1	2	3	4
4.9 I collaborate with and advocate for clients	1	2	3	4
4.10 I demonstrate professional leadership through: • Building trusting relationships • Creating empowering environments • Supporting knowledge development and integration within the health care team • Advancing psychiatric nursing practice and quality health care • Leading and sustaining change and balancing competing values and priorities	1	2	3	4

NOTES

Standard 5: Professional Ethical Practice

The registered psychiatric nurse understands, upholds and incorporates the profession’s Code of Ethics into their professional practice.

INDICATOR	AM I MEETING THE EXPECTATIONS OF THIS INDICATOR CONSISTENTLY?			
	NOT AT ALL		ALWAYS	
5.1 I practice with honesty, integrity and respect, demonstrating the ethics, standards, principles, guidelines and values of the profession.	1	2	3	4
5.2 I apply to the Code of Ethics in all areas of my practice.	1	2	3	4
5.3 I identify the effect of my own values, beliefs and experiences in relationships with clients, recognize potential conflicts, and take action to prevent or resolve them.	1	2	3	4
5.4 I apply ethical and legal considerations in maintaining confidentiality in all forms of communication.	1	2	3	4
5.5 I support the human, legal and moral rights of clients, including the right to make informed decisions and the right to live at risk.	1	2	3	4

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