CHCPRP003 Reflect On and Improve Own Professional Practice

Name of the Writer

Name of the University

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**Q1**

I am very happy to know about the weak areas that I have and I am looking forward to work on them. I am not going to take the highlighted points in a negative way but rather use them in a positive manner to improve my practice.

**Q2**

I have been trained as a professional nurse and have been taught about how the human body works and what things spread poison in it. My primary responsibility is to care for your health. If you are to survive such an illness and live a long life, I suggest that you listen to me.

**Q3**

Feedback is an important tool in order to grow and learn as a professional and as a human as well (Brookhart, 2017). This way it helps in elevating the performance of individuals that need it (Payne and Hysong, 2016).

**Q4**

1) How much the patient appreciated my work (Mone and London, 2018)

2) If the patient's health has improved or not

3) Has the patient been in any sort of pain or discomfort that I did not help in relieving

4) Have I followed the procedures down to the letter (Shields, et al, 2015)

These are some of the ways that I can evaluate my performance.

**Q5**

Establishing nurse’s professional support network would lead to increased satisfaction at the workplace. It also leads to a high retention rate in their respective areas of working (MacPhee and Scott, 2002). Team time can be used to create a sort of professional support network. Teams could come together and help everyone to achieve their goals (Collins, 2019).

**Q6**

I would first look to identify the factors that are causing performance gaps (Mayer, 2019). Ill formulate some method to address those faults and will identify the effectiveness with the different metrics (Kelbach, 2019).

**Q7**

**7.1**

In order to acquire the services of an external specialist regarding advice and further development, some information should be given. This includes what field that the person is practising in and what further aspirations the person has to achieve (Cooper, et al, 2017).

**7.2**

In order to determine their suitability, their previous work history would be researched. Through this, an analysis would be done if the services they have provided have amounted to any form of benefit to their clients and if their previous clients were satisfied with their services (Highfield, et al, 2016).

**Q8**

Advice or further training can be sought when WHS laws are not being followed in certain situations ("WHS help and advice", 2019). Direct abuse, program abuse and systems abuse are some of the situations where WHS laws should be followed and if advice or further training could be taken on how to properly follow them (Archer, et al, 2012).

**Q9**

**9.1**

Self-development plans help in finding areas that need development either within the person themselves or their profession. So all the areas listed in this plan are related to the practice of the nurse and they have the power to decide which areas they want to develop and this plan that helps in developing those areas (Stewart, 2016).

**9.2**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Learning need | Relation to my field | The benefit to my profession | Meeting the learning needs | The time frame for completion |
| How to handle complaints | Learn to handle and manage complaints effectively. | Increase ability to manage complaints effectively. | Use CPD course for complaints. 2 hrs/every day. | Fourth quarter every year. |
| Learn additional skill | New equipment is brought in every day. So staying up to date with their use is imperative. | Have a better ability to do tasks that are required on a daily basis. | Use new machinery 2 hrs/every day. | 2020 |
| Preparing for medical emergencies | Need to follow guidelines set for training for dealing with medical emergencies. | Able to handle the pressure involved in medical emergencies. | Attending a course on Resuscitation by Resuscitation council 2 hrs/every day. | First quarter every year. |
| Promoting equality and diversity | Improve the level of contact between different groups. | Treating everyone with the dignity and respect they deserve. | Training for equality and diversity 1hr / year. | Fourth quarter every year. |
| Understanding building with patients | To prepare for a role that involves more close work with the patients | To be able to better care for patients. | Attend CPD course on safeguarding and consent 2 hrs/every day. | By the end of 2019 |
| Learn skills helpful in providing service to private clients | Considering branching out and focus on providing clients | Be effective at patient safety and employ a referral system for my work. | Attend courses on effective marketing and management technique. Workshop of 3 hrs. | 2020 |

(Lejeune, et al, 2016)

**Q10**

There are several reasons why staying up to date is important. They include not looking useless in front of clients who ask for the latest procedures (Pontis, et al, 2017). Furthermore, respect is earned from peers when a person is knowledgeable about the latest trends and growth opportunities are also present ("Stay Up-to-Date on Industry Trends", 2019).

**Q11**

In order to stay up to date and adapt to the changing care concept, I would firstly focus on learning the standards of services for home care. Then I would focus on analyze my skill set and see the deficiency between what I can do and what the standards want. Finally ill work on closing the gap between my current skill set, so I can provide better care to the client. I would even try to get a performance review to see how far I have come.

**Q12**

Well in order to access information regarding the best practice for pain management, firstly, I need to understand the level of pain the patient is in. So pain would be assessed by asking the patient the intensity of pain he is feeling from one to ten. Depending on the answer of the client the required amount of medication would be given to the client in order to relieve his or her pain.

**Q13**

If nurses do not opt to review and improve their nursing practices they could face serious ethical and legal concerns. These include respect of autonomy and self-determination, fairness, equitability, Truthfulness, remaining faithful to the commitment made to the client, avoiding any harm to the patient (Turner, 2018). Legal concerns are negligence, malpractice, and denial of health care to certain patients, omission and commission on the care provided to the patient and failing to provide the level of care that is thought from them (Jefferies, 2018).

**Q14**

A learning opportunity that can help gain expertise in a specialty field such as EN or an expert nurse could be many but a small example could be as follows. Building relationships with other nurses and discussing the challenges and success of each other together is a great learning opportunity (Leis, 2019). Working with patients with similar conditions is also a great example of a learning opportunity as it helps in developing clinical reasoning skills. This way a beginner nurse would be able to identify priorities and problems in care that may arise (Milhomme, et al, 2018). Furthermore, attending support groups to share and listen to experiences is also a great learning opportunity.

**Q15**

Well an EN can participate in continuously review processes by continuously monitoring their performance. This can be done by reviewing if the information available to them is up to date and is growing every day (Stockley, 2019). Also, any mechanisms employed to get the latest developments in their field of expertise (Gurbutt and Carty, 2018).

**Q16**

Work role boundaries can be defined as the power the nurse holds and the vulnerability of the patient (Piszczek, 2017). These are important in the development of successful and good relationships between nurses and patients (Mellner, 2016).

**Q17**

There are usually three types of reflection. The first type is superficial, which is very basic and largely descriptive. In this reflection existing knowledge is reference without critiquing it (Gilbert, et al, 2017). Second is medium, in which thoughts feelings, gaps in knowledge and assumptions are considered in order to solve a problem. Lastly is deep, which has the most depth and focuses on experiences that have changed someone's life (Martin and Ertzberger, 2016).

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