

EXAMPLE PRACTICUM LEARNING GOALS AND ACTIVITY LOG

OCNE COMPETENCY	GOALS AND LEARNING ACTIVITIES	COMPETENCY DEMONSTRATION	SELF & CTA EVALUATION
#2 Reflection, analysis & self care <ul style="list-style-type: none"> • Reflective process • Self analysis of personal & professional behaviors • Self renewal (take breaks & lunch) 	GOAL: Improve time management skills Activities: <ul style="list-style-type: none"> • Ask preceptor for suggestions on how to best prioritize care • Try various feedback suggestions to improve practice when delivering care • At the end of each shift spend 5 to 10 minutes analyzing what worked, what didn't, and brainstorming changes. 	Demonstrates time management skills <i>By day three, I had created my own worksheet which helped me get all my charting done, and on time.</i>	<div>0123</div> Comments
#4 Leadership <ul style="list-style-type: none"> • Leadership characteristics • Supervision • Delegation • Change management 	GOAL: Improve leadership skills <ul style="list-style-type: none"> • Practice delegating task(s) to CNA or other support staff • Ask for feedback from CNAs and preceptor about performance • Learn about resources used by the unit and those available for patients/families 	Delegates tasks to support staff effectively <i>Day 2 – took home copy of patient information binder to see what they get and be ready for discharge teaching questions</i> <i>Day 3 I took my break with the CNA that tends to work with my CTA, it made a big difference in our communication.</i>	<div>0123</div> Comments
#7 Relationship-centered care <ul style="list-style-type: none"> • Readiness • Relationship development • Adapts to uniqueness 	GOAL: Get more comfortable with communicating with client/family Activities: <ul style="list-style-type: none"> • Use therapeutic communication strategies – especially those involved in listening • Practice steps of motivational interviewing with at least one patient/family member each shift GOAL: Improve ability to provide care that individualized to patient Activities: <ul style="list-style-type: none"> • Identify how to provide appropriate care by communicating with patient • Accept and respect patient/family values and attitudes 	Communicates with patients and families in an appropriate and culturally sensitive manner Provides individualized patient care <i>Day 3 I noticed my CTA focuses on the patient and tends to ignore the family in the room. I made up for this by engaging the family in timing of care and as per patient request, changing of dressings</i>	<div>0123</div> Comments

<p>#8: Communications - colleague, multidiscipline</p> <ul style="list-style-type: none"> • Therapeutic • Accurate • Health Teaching • Impact of culture and other variations 	<p>GOAL: To use effective communication when sharing information with staff</p> <p>Activities:</p> <ul style="list-style-type: none"> • Review the document used on the unit that outlines important patient information to give in report upon shift change • Ask for feedback • Reflect on at least one interaction that went well and one that was a flop in my "Weekly Time and Activity Log" <p>GOAL: Work well with staff</p> <p>Activities:</p> <ul style="list-style-type: none"> • Take opportunities to interact with staff and lend a hand when needed <p>GOAL: Empower patients/family members</p> <ul style="list-style-type: none"> • Include patients and family members in their care 	<p>Demonstrates correct usage of SBAR with staff (RNs, MDs, support staff, etc.)</p> <p>Covers all pertinent information about patient when giving report <i>Day 2 gave SBAR to evening shift RN with input from CTA</i></p> <p>Collaborates with staff <i>Day 3: gave all immunizations for my CTA's patients</i></p> <p>Involves patient and family members in plan of care, care decisions and providing care <i>Day 3 I noticed my CTA focuses on the patient and tends to ignore the family in the room. I made up for this by engaging the family in timing of care and as per patient request, changing of dressings</i></p>	<p>0 1 2 3</p> <p>Comments</p>
<p>#9 Clinical Judgment</p> <ul style="list-style-type: none"> • Focused observation • Pattern recognition and deviations • Information seeking • Prioritization • Making sense of data • Clear communication 	<p>GOAL: Improve patient teaching skills r/t Medication education, Care/Procedure education, Discharge education</p> <p>Activities:</p> <ul style="list-style-type: none"> • Review medications and procedures that are unfamiliar • Review discharge instructions given to patient • Provide patient education • Ask for feedback from preceptor on performance 	<p>Patients/family members can recall information taught</p> <p>Uses teaching strategies that will best educate the patient through proper assessment <i>Day 4 Clarified med reconciliation gap found when reviewing patient's chart. Mentioned to physician when she made rounds on the patient.</i></p>	<p>0 1 2 3</p> <p>Comments</p>
<p>#10 Evidence for practice</p> <ul style="list-style-type: none"> • Access information sources • Evaluation of applicability of 	<p>GOAL: Development/improvement in nursing skills</p> <p>Activities:</p> <ul style="list-style-type: none"> • Uses the policy and procedure manual to look-up new procedures/skills 	<p>Performs nursing skills and provides patient care with little to no assistance from preceptor</p> <p><i>Day 4 first time inserting a foley</i></p>	<p>0 1 2 3</p> <p>Comments</p>

evidence to population • Evidence of clinical judgment	<ul style="list-style-type: none"> Figures out the rationale for the procedure Teaches (or shares with) the patient/patient's family the rationale for procedures 	<i>catheter, found Crossroads P&P online to review SHMC method. Gather supplies, CTA helped ID urethra, inserted without contaminating!</i>	
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NRS 224B Integrative Practicum TIME AND ACTIVITY LOG

For each set of practice days, provide a brief description of your practice and related activities. Include new skills or procedures reviewed, observed, and performed. Link the activities with your goals listed in your *Practicum Learning Goals*. Write a **reflective paragraph** on one aspect of your work **for each set of practice days**. Use the current document; do not make a new document for each week.

DAYS	HRS SPENT	TOTAL HRS	ACTIVITIES AND COMMENTS	GOALS INCORPORATED: USE GOAL NUMBER
1-2	24	24	<p>Expected behaviors include:</p> <ul style="list-style-type: none"> orientation to unit reviewing unit orientation manual familiarizing self with job descriptions and employees identifying lines of communication caring for 2 patients creating a worksheet suitable for the unit <p>Your additional activities – list below Scheduled UBC meeting to attend – 4/12 0900-1100 Got a copy of patient information binder to review to prepare for discharge teaching.</p>	<p>#10 – P&P manual reviewed #8 – SBAR #4 – delegation to CNA</p>
3-5	36	60	<p>Expected behaviors include:</p> <ul style="list-style-type: none"> performing care for at least 2 patients taking report and planning care using a worksheet keeping CTA and appropriate members of health team informed of changes in patient condition assisting CTA in writing individualized patient care plans per agency protocol identifying assigned patients' priority needs and reprioritizing them appropriately as patient's condition changes <p>Your additional activities – list below</p>	
6-10			<p>In addition to the above, expected behaviors include:</p> <ul style="list-style-type: none"> performing care for at least 50% of CTA's assigned patients participating in assigned unit tasks beyond patient care reporting pertinent information in a complete, concise, and organized manner to the oncoming shift developing a nursing care plan for two patients and with CTA assistance entering the care plan on the computer assisting patient contact with hospital and community services when appropriate 	

			Your additional activities – list below	
11-17			<p>In addition to the above, expected behaviors include:</p> <ul style="list-style-type: none"> • performing care for at least 60% of CTA's assigned patients. • communicating patient care objectives to appropriate members of the health team. • delegating patient care to appropriate personnel (as determined by job description) using appropriate communication skills. • evaluating personnel performance in delivery of nursing care as appropriate <p>Your additional activities – list below</p>	
18-24			<p>In addition to the above, expected behaviors include:</p> <ul style="list-style-type: none"> • performing care for at least 75% of CTA's assigned patients • assisting CTA with transcription and validation of new orders • communicating with primary care physician as necessary, reporting change in patient's condition, requesting additional orders, etc. <p>Your additional activities – list below</p>	

Reflective Paragraph Day 1-2: My CTA had a full assignment but was in good spirits about the situation. The Charge Nurse helped orient me when the CTA was busy with one patient. The CNA for my rooms was a bit standoff-ish, she had applied last year and didn't get in the program. By day 2, she was more open to my requests. This is a busy unit. The worksheet I used Spring term is working fairly well, I'll make adjustments to it over the weekend to help save time hunting for information. I'm feeling nervous, not having been on this unit before and not being my first pick for IP. My CTA is making all the difference as I get my feet wet this week. My reflection topic is organization: I felt disorganized most of these first two days. Things aren't laid out the same way as they were on the Winter term unit. The computer system feels familiar, but there are new screens used on this unit I need to remember. I'm going to create a box on my worksheet that lists all the screens I need to chart against as a way to help be more organized. I'm also going to be here by 0645 so I can get a good seat for report, get my worksheet ready, and spend a few minutes getting to know the staff.. This will help my day start off in a less hectic way.

Reflective Paragraph Day 3-5:

Reflective Paragraph Day 7-10:

Reflective Paragraph Day 11-17:

Reflective Paragraph Day 18-24: