

# Professional Development

## Learning Activity

### Learning outcomes

- ▶ Understand rationale for developing a nursing portfolio.
- ▶ Know how to approach a self-assessment against the competencies using everyday practice examples.
- ▶ Increase familiarity with the Nursing Council of New Zealand website.
- ▶ Locate and review guidelines that underpin nursing practice.

NCNZ competencies addressed

Registered Nurse competencies 1.1, 2.8, 2.9.

Reading the article and completion of this *Nursing portfolios: a simple guide to competency self-assessment* learning activity is equivalent to **60 minutes** of professional development.

This learning activity is relevant to the NZNC RN competencies **1.1, 2.8, 2.9**.

Please discuss all your answers with your peer/s.

### A Reading

- 1 Select and read the NCNZ guidelines that you are least familiar with i.e. Code of Conduct<sup>5</sup>, Professional Boundaries<sup>11</sup> or Social Media<sup>13</sup> [www.nursingcouncil.org.nz/Nurses](http://www.nursingcouncil.org.nz/Nurses).

- 2 Further suggested reading:
  - ▶ 'Tips for a top nursing portfolio'<sup>2</sup> [www.nursingreview.co.nz/issue/april-2015-vol-15-2/tips-for-a-top-nurse-portfolio/#WC5bYuZ95PY](http://www.nursingreview.co.nz/issue/april-2015-vol-15-2/tips-for-a-top-nurse-portfolio/#WC5bYuZ95PY)
  - ▶ NZNO privacy guidelines in relation to portfolios, case studies and exemplars [www.nzno.org.nz/resources/nzno\\_publications](http://www.nzno.org.nz/resources/nzno_publications)

### B Reflection

- 1 Reflect on your routine practice. Think about how you approach patients, how you develop trusting relationships, and how you routinely plan, deliver and coordinate care with health professional teams.
- 2 Choose a relatively common occurrence in your everyday practice. Think back to the most recent example of how you dealt with this. Review and reflect on what went well, what was the outcome and what, if anything, you would do differently next time.

### C Reality

- 1 Identify and write down FOUR examples of your own practice (refer to exemplar examples in article). Identify which domain and then which competency they apply to.
- 2 Discuss with a colleague how you would approach their peer assessment; what specific examples of their practice you would use and to which competencies did they apply?

### Verification by a colleague of your completion of this activity

Colleague name

Designation

Date

Nursing council ID

Work address

Contact #