

My Nursing Care Plan

[VIDEO TRANSCRIPT]

Welcome to this presentation My Nursing Care Plan. I'm Lisa Bonsall the clinical editor for Lippincott Nursing Center. I've been a nurse for over 20 years and a nurse practitioner for about 15. My background is in critical care and women's health. So, our objectives for this session, at the end of this presentation you'll be able to answer the following questions: What do I need to do this year to meet all of my professional requirements? How can I be a lifelong learner in nursing? And do I have good work-life balance? We are all very familiar with nursing care plans. This time though, we'll use the process to take a closer look at our own needs and goals. We'll use the familiar acronym ADPIE to assess, diagnose, plan, implement, and evaluate our own professional and personal lives. So first up is the question: what do I need to do this year to meet my professional requirements? Here's where we'll take a look at the "have to do" of our professional lives. Let's assess our requirements for licensure and certification renewal. The first question we need to ask is: when is my license due for renewal? If you live in the United States, you know that each state has its own Board of Nursing with its own time line and requirements for license renewal. Just as each certification organization does. This can be overwhelming to keep track of, especially for the nurse who is licensed in more than one state or the nurse who holds multiple certifications. In addition to timing, we also need to know what our CE requirements are for renewal and what are approved methods to meet these requirements, how to do our renewal and what the cost is. Let's dig a little deeper. The National Council of State Boards of Nursing or NCSBN is the organization through which State Boards of Nursing and some international associate members act and council together. The mission is to provide education service and research through collaborative leadership to promote evidence-based regulatory excellence for patient safety and public protection. In the United States the NCSBN oversees all 50 states, the District of Columbia and four US territories.

Each board of Nursing is responsible for regulating nursing practice to protect the public and ensure safe practice. They do this through establishing and enforcing nurse practice acts. U.S. nurses must know the Nurse Practice Act for each state that they practice in and for each license that they hold. Currently in the United States 25 states have enacted nurse licensure compact legislation. This means that nurses can practice across state lines, so if a nurse resides in a state that is part of the NLC, he or she can obtain a multi-state license which allows him or her to practice in another compact state. This truly a modern nurse licensure solution. There are also a large number of certification organizations for nurses. The largest one is the ANCC or American Nurses Credentialing Center. It's the largest certifying body and includes certifications for nurse practitioners and clinical nurse specialists as well as specialty certifications for registered nurses. Other nursing organizations and associations also offer certification. So when you're assessing your renewal requirements be sure you're getting your information from the correct certifying body. Keep in mind that depending on your certification and certifying organization you may need to take an exam or obtain continuing education for your renewal. Back to our care plan. Remember we're assessing our licensure and certification renewal cycles and continuing education requirements. So, an appropriate nursing diagnosis would be knowledge deficit related to meeting my professional requirements. What needs to be done next? Let's plan. Take a look at your current documentation. What are the expiration dates on your licenses and certifications? Have you gotten any renewal information in the mail or electronically. Visit the website of your State Board of Nursing for information. Each site is set up differently but most have a section called renewal requirements or continuing education. If necessary, review the Nurse Practice Act for your state. Similarly look at the certification organization website for information on renewal and CE requirements. During this planning stage you'll also want to consider your options for renewal. If you need to meet continuing education requirements, learn what the requirements are and what methods are approved to meet them. Can you do online activities, attend live events? Does your employer offer CE opportunities? For certification renewal, is a retest required? If so, how and when can you schedule your exam? Do you need to take a review course? If so you'll need to schedule that

too? Now it's time to act. Mark expiration dates on your calendar. If you need to retest for certification, schedule your exam. If you're planning to take a review course, you'll need to schedule that as well and also set up time for studying. Keep track of your continuing education needs on a calendar and set up a file either a virtual one or a real one to keep your certificates. Register for conferences and make travel plans for any live events you're going to attend. Also find out if your employer will reimburse you for your expenses. As with any effective care plan, ongoing evaluation is key. If all goes according to plan, all of your licenses and renewals will be up to date until the next renewal cycle. So, your evaluation methods? I have satisfied all the continuing education requirements for my license and certification renewal. I have renewed all of my licenses and certifications on time, good job! The next question to answer in our care plan is: how can I be a lifelong learner in nursing? Since we've addressed continuing education in our section on professional requirements, let's take a closer look now at returning to school, becoming certified, and joining professional organizations. If you don't have a BSN, now is the time to return to school. Research shows that RNs with BSN degrees make a difference in the outcomes especially in lowered rates of death and failure to rescue. In October of 2010 the Institute of Medicine and the Robert Wood Johnson Foundation released the report: The Future of Nursing - Leading Change, Advancing Health. This report calls for nurses to achieve higher levels of education and to practice as full partners with other health care providers. Recommendations include increasing the percentage of RNs with baccalaureate degrees from 50 percent to 80 percent by the year 2020, doubling the number of doctorally prepared nurses by 2020 and ensuring that nurses engage in lifelong learning. If getting certified is a goal in your quest for lifelong learning in nursing, there are many options available. Depending on your area of practice, role, or responsibilities, certification is a way to demonstrate your commitment to excellence in nursing. In 2011, Kapow categorized this value associated with certification into three realms: value to patients, value to employers, and value to self. With regard to value to patients, certified nurses demonstrate greater confidence in decision making, increased patient safety including less falls and decreased pressure ulcers, and higher patient satisfaction. Also, certified nurses have been

shown to be more likely to provide care based on the latest evidence. Specialty certification sends a message of commitment to a potential or current employer. Nurses who are certified demonstrate a personal responsibility to their education and in turn, patient care and outcomes. The personal benefits of certification include a sense of accomplishment, feeling of empowerment, and validation of knowledge. The American Nurses Association is the premier organization that represents the interests of all nurses in the United States. Its mission statement, nurses advancing our profession to improve health for all, is a testament to the core goal of the organization. Other professional organizations including specialty associations and state nurses' associations also provide opportunities to share best practices, stay up to date on trends, and network with colleagues. Health care changes rapidly and you need to stay updated and educated. Some organizations offer certifications and CE opportunities at live events such as conferences and also virtual events such as webinars. As a member of a professional organization, you'll also have networking opportunities at national, state, and local conventions or even through online journal clubs and virtual events. You may even get discounts on CE activities, newsletters, and certification, review materials, subscription to an official journal associated with the organization with peer-reviewed evidence-based content and research relevant to your specialty is also a benefit of many organizations. So, my nursing diagnosis for lifelong learning is: readiness for enhanced knowledge related to striving to provide evidence-based nursing care. Get started by exploring degree programs that are right for you. Assess programs by checking out flyers, brochures, websites, and marketing materials. Consider how you learn best. Is an online program best for you? Do you prefer to be in a classroom? Ask other nurses who are back in school about their experiences. Assess your options for financial support by exploring tuition reimbursement, loans, and grants. See what aid or scholarships are available. You can also talk to your manager about flexibility with scheduling and connect with other nurses you know who've recently finished a degree or who are back in school now. Also assess certifications available for your specialty or area of practice. Which certifications would be most beneficial for you. If applicable, consider becoming a member of the certifying organization and take advantage of member benefits. Think about what other

organizations would be a good fit for you based on your experience, specialty, or role. Now that you've done your assessment and research it's time to put this plan into action. Apply to a nursing program, get certified and/or become a member of a professional nursing organization. Take advantage of related benefits and consider joining a committee or a leadership position. Congratulations and best of luck to you whether you're pursuing a new degree or certification or you've joined a professional organization or maybe more than one, you are demonstrating your commitment to lifelong learning in nursing. So for your evaluation: I am pursuing a new nursing degree, I am certified in my specialty, I have joined a professional nursing organization. The last question in my nursing care plan is: do I have good work-life balance? Let's assess our own well-being by answering these questions. You may need to look back at old calendars or if you have access to your records online, you can check when was your last physical exam? How about your immunization and screening history, are you up to date? Only you can answer if you're spending enough time with family and friends or if you have time to do the things that bring you joy. And only you can answer what your stress level is but be honest with yourself here. Two nursing diagnoses are applicable here. The first is readiness for enhanced self-health management related to an identifying my own health care needs. And the second, readiness for enhanced self-care related to maintaining personal relationships and managing stress. Let's plan for better self-care. Look back at your own medical records and make a list of what screenings and immunizations are recommended for you based on your gender and age. Also think about your medical and family history. How does that impact what your recommendations are? Update your calendar with your work schedule and upcoming social events. Schedule some me time too. Think about how you best deal with stress. Is it a yoga class, is it reading a book, being outdoors? Find activities that help you manage stress. To put this plan into action make any necessary appointments and stick to your schedule as best you can. Sign up for a class, gym membership, or other activity that helps you manage stress. Remain committed to these endeavors. This is probably the most difficult aspect of the care plan. As nurses we're so used to taking care of others that we don't always do a very good job taking care of ourselves. Self-care should be a top

priority for us. Remember that to take the best care of patients we must take care of ourselves. If you've reached these goals and your physical exam, immunizations, and screening are up to date and you've committed to spending time with family and friends, and you're finding ways to manage your stress, you should be very proud. You've made it through your very own nursing care plan. Congratulations!

Remember to revisit this care plan regularly because ongoing evaluation and revision are a key component to meeting your goals. Thank you for viewing this presentation My Nursing Care Plan. Please visit Nursingcenter.com for tools to help you along the way. You'll find three infographics related to this presentation as well as a guide to State Boards of Nursing, a guide to certification organizations, CE activities to meet your requirements, and so much more.

Thank you.