

\*\* Please note: this list is NOT all inclusive but provides a broad sampling of the types of learning activities that could be included in your learning plan. Learning activities are intended to support you as you enhance your competence and when selected, should align with and be relevant to your learning plan. Resources should be from a credible source. Nursing knowledge is often multifaceted and should be based in current science and evidence (research), nursing experience which leads to personally derived understanding of essential nursing issues and philosophies and is based on moral and ethical nursing reasoning.

| Formal   | Informal   |
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| Successfully complete educational courses from an accredited institution   | Review best practice guidelines and apply learning to your context   |
| Attend / participate in nursing workshops/ conferences/ teleconferences/ webinars offered outside the work setting   | Complete independent reviews of scholarly nursing journal or participate in a nursing journal club                                   |
| Obtain nursing specialty certification (e.g. Canadian Nurses Association 22 specialties such as perianesthesia; wound, ostomy and continence; gerontology or others)   | Review current legislation or regulations related to a nursing issue applicable to your practice                                     |
| Complete online or in-person courses delivered by a credible nursing source that lead to a certificate or diploma in specific roles or capacities--- leadership, diabetes educator, critical care, hemodialysis etc.   | Review organizational policies and procedures applicable to a nursing issue to deepen your understanding and impact your practice    |
| Enroll in and complete continuing education courses that enhance your learning in ways that align with your learning plan  | Conduct an interview with an expert related to a nursing issue applicable to your context to consolidate your learning               |
| Active participation in a professional committee and/ or a member group at a provincial/ national/ international committee (CNA/ Professional Practice Groups or Special Interest Group Executives such as the Operating Room Nurses Association of Canada (ORNAC) / Regulatory Body Committees such as College of Registered Nurses of Saskatchewan etc.) | Role play and apply strategies you recently learned related to new skills development (e.g. communication/ conflict resolution etc.) |

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| Attend / participate in nursing in-services/ seminars/ education days or complete learning modules offered within the work setting (unit or facility educator/ product representative/ subject matter experts etc.). Content should apply to or be aligned with CCP learning goal | Prepare and deliver a presentation/ share knowledge related to a nursing issue or topic that relates to your learning goal.   |
| Complete employer-provided continuing education that aligns with your learning goal (can only count each learning opportunity once upon initial completion. Recertifications for the same activity does not qualify as new learning or competence development)                    | Act as a resource for others on the unit/facility who would benefit from your expertise   |
| Preceptor a nursing student   | Develop a new policy that is beneficial within your work context and work with your employer to finalize it for use   |
| Provide mentorship for a novice or experienced nurse who is transitioning to practice in your area/ unit/ facility  | Actively participate in nursing research projects   |
| Actively share communication between CRNS and employers as a CRNS Liaison   | Participate in clinical case studies to learn more about a specific nursing issue/ topic and explore how this learning impacts the care you provide                       |
| Educate colleagues on predetermined practice issues and support and role model professional practice as a CRNS Mentor   | Actively participate in a Professional Practice Group/ Special Interest Group where you access educational opportunities and network with others                          |
| Create and share a case study example describing participation in a successful 'evidence to practice change' initiative that you led in your work setting.  | Identify evidence-based tools that help you support clients with specific care needs and reflect on the impact of those tools on the care you deliver                     |
| Self-directedly update or collaborate with others to update an existing nursing policy or procedure then follow process for approval and implementation of same.  | Read nursing textbooks to expand your knowledge of specific nursing topics and apply learning to the care you provide   |
| Identify a learning need or gap for a unit, department or nursing group and research/prepare/organize a formal education session (or collaborate with others to do so)  | Network with subject matter experts to expand your understanding of specific nursing issues/ skills/ competencies and reflect how this learning impacts the care you give |

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| Write a 1-page newsletter for an online or paper-based journal, intranet or other publication on a relevant issue or topic.   |   |
| Become an independent rater or nursing clinically published evidence for online sources, such as McMaster's MORE Evidence program <a href="https://hiru.mcmaster.ca/MORE/nurses/sentinel_reader.html">https://hiru.mcmaster.ca/MORE/nurses/sentinel_reader.html</a> | Volunteer for nursing activities that allow utilization of nursing skills outside of employment ( e.g. creating and delivering presentations on health promotion for a community event)   |
| Publish an article in a peer-reviewed professional journal  | Search reputable internet sites for nursing best practices, patient teaching materials, etc. and explore ways that this may improve your practice   |
|   | Research topics that enhance professional performance (e.g. time management/ managing stress/ resilience training/ managing difficult conversations/ use of technology etc.)  |
|   | Review educational videos regarding nursing topics applicable to your learning goal and list ways your learning can benefit the clients you care for (e.g. CRNS Facebook live presentations on current relevant nursing topics that align with your learning goals, etc.) |
|   | Participate in, lead or contribute to bedside learning sessions with the clinical educator, resource nurse, nurse practitioner, physician, or other health care professional by sharing expertise, pertinent information or consolidating statistics/ data                |
|   | Attend rounds – grand nursing or medical, mortality and morbidity, quality and safety etc. and link what you learned to your practice while maintaining client confidentiality  |