

## Part B: Self-Development Plan

### Instructions:

1. Set at least **one** self-directed learning goal to enhance your RN practice.
2. Complete at least **one** learning activity related to your goal.
3. Identify how your learning impacted your RN practice.

*Tip: It is recommended that your self-development plan be SMART (Specific, Measurable, Attainable, Relevant and Timely). Check out the CCP Workbook for details.*

### Learning Goal(s) and Activity(ies)

Learning goal(s)	Learning activity(ies) <i>(be as specific as possible)</i>	Expected date of completion	Date completed
I will enhance my knowledge related to use of Medical Cannabis / Legalized Cannabis and how it relates to my role as a nurse and Clinical Director, as well as the process in which I support, educate and provide direction to my team members. This is secondary to recent legalization of cannabis within Canada and the increasing use within society both prescribed & recreational.	CCP Review Learning Activity: 1) Reviewed 'Cannabis Legalization: What Happens Now?' on the CRNM website as well as the linked article within 'Medical Cannabis: Guidelines for Manitoba Nurses' <a href="https://www.crnmb.ca/connect/nurselink/read/article/26/cannabis-legalization-what-happens-now">https://www.crnmb.ca/connect/nurselink/read/article/26/cannabis-legalization-what-happens-now</a> <a href="https://www.crnmb.ca/uploads/document/document_file_247.pdf?t=1532014341">https://www.crnmb.ca/uploads/document/document_file_247.pdf?t=1532014341</a> CCP Review Learning Activity Type: reading articles	xxxx xx, 2019	xxxx xx, 2019
	CCP Review Learning Activity: I attended an Inservice through Nurselinks: 1) The Therapeutic Use of Medical Cannabis; Agenda --> Historical Overview, Cannabis the Plant, Discovery of the Endocannabinoid System & Safety & Pharmacology of Cannabis, Indications for Use, Dosage & Methods of Administration & Nursing Implications. CCP Review Learning Activity Type: Inservice/Workshop	xxxx xx, 2019	xxxx xx, 2019
	CCP Review Learning Activity: 1) Participated/attended a webinar (e-learning) through CNPS Website: 'Medical Cannabis: What Every Nurse should Know' CCP Review Learning Activity Type: Inservice/Webinar	xxxx xx, 2019	xxxx xx, 2019

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### Impact on my Nursing Practice

How did completing your learning activities impact your RN practice? Include at least one specific example. If you are not currently working, anticipate how your learning will impact your practice when you return to work.

Completing these learning activities has had a significant impact on my nursing practice. Cannabis was a topic that I was quite naive about even though the topic was gaining momentum in the healthcare environment. Reading the articles was very insightful and gave me a clearer understanding of the provincial guidelines for nurses within Manitoba as well as the differences between community nursing and facility nursing.

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