

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 Guide 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
<p>By December 1, 2021, I will enhance my knowledge on Indigenous culture safety/cultural safety. This will allow me to provide culture safe and competent care to Indigenous population and culturally diverse population.</p>	<p>MICST course</p>	<p>xxxx xx, 2021</p>	<p>xxxx xx, 2021</p>
	<p>Utilizing the Cultural Responsiveness Framework to Develop a Strength Based, Trauma-Informed Practice: Understanding the Practitioner's role in Indigenous Wellbeing</p>	<p>xxxx xx, 2021</p>	<p>xxxx xx, 2021</p>

REGISTRATION NUMBER: Exemplary Example #1

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 my learning activity allowed me to reflect on my own biases and own prejudices. Identifying that prejudice did exist for me was very impactful. It allowed me to reflect on how my prejudice affected my care for the Indigenous community. For example, I learned in my academic studies that the Indigenous population have a high rate of diabetes. From this learning, when I cared for an Indigenous patient who had diabetes I automatically linked diabetes to the culture. Moving forward I do not see the two as connected. The conference I attended taught me to look from a wellness perspective, e.g. instead of seeing why a lot of Indigenous population have diabetes, look at who in the Indigenous population doesn't have diabetes and what are they doing to prevent it. Learning about Indigenous culture and their trauma and how this affects them today has allowed me to be more empathetic and understanding of the trauma experienced by their ancestors and how this affects them today...and then to consider the generational trauma and why they may refuse e.g. medical care and how it affects their lifestyle choices etc. Lastly, understanding the cultural beliefs and practices and how we can incorporate these into care - we have smudging in our health facility but it doesn't mean it's accessible when the patient wants/needs it. How can we make and support cultural practices at any time?

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