
Competency Programme and Evaluation Framework for Senior Nurses

4. Sample Worked Examples

The selected practice examples are provided to assist in the completion of the competency framework. **They must not be copied in your framework.**

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Entity:	MDH	Place of Work:	Medical Ward 11
Title:	Staff Nurse		

NB: All names and details are fictitious.

Scope of Document

This document titled *Sample Worked Examples* demonstrates three different samples of evidence including a reflective account, summary of a professional development activity and a professional review. The aim is to provide you with an idea of the type of evidence that is expected.

Applicant's Declaration

1. I declare that I have assessed myself against the Competency Framework for Senior Staff Nurse and that I meet the required standards of competence.
2. I declare that any documentation and evidence presented is entirely my own work, or whenever the work was part of a team due reference is made.
3. I certify that the documents referenced and submitted for evidence are authentic.
4. I understand that I will be called for an interview to verify submitted evidence, demonstrate the competencies achieved and present original certificates referred to as part of the framework.
5. I understand that the board may ask for additional material or evaluation of evidence.

By signing I declare that the information I have given is true and correct.



Applicant Signature _____ Date: _____15/11/2021_____

Domain 1: Professional and Ethical Practice

Competency 1.3: Promotes an environment that enables clients' health, quality of life, independence, comfort, and safety.

Write your text in the space below

Provide a brief description of the event/ experience / training including your thoughts and feelings.

Write your text here

Few months ago, we admitted a middle-aged man for respite care in our psychiatric unit. His main carer needed to be admitted to hospital for a surgical operation and the psychiatrist agreed to have him admitted until his carer is back home since there is no one else to take care of him and the operation and rehabilitation were anticipated to be long. This client had never been admitted in an acute mental health hospital despite having been diagnosed with mental illness for over 20 years. We don't usually have these types of admissions in our ward, so we were all a bit lost. During his admission assessment, his main carer informed us that her brother needs assistance in personal care and that she usually assists him in bathing and dressing. I found this strange and surprising as he seemed to be quite capable and physically independent.

I was day duty the following day and since he was my patient, I took him to bathroom so as to start washing but he was passive and seemed lost. I realized he had no idea how to carry out the task on his own. I assisted him and started giving him simple instructions to carry out whilst I was there. I spoke with him about this fact and explained that our team can help him to relearn how to do it by himself. He was reluctant at first but after a few attempts he agreed. I involved the Occupational therapist to carry out a bathing assessment and together a plan was developed on the way forward. It was very important that we do not put undue stress so as not to trigger an anxiety attack and eventual relapse. Within 2 weeks the patient was capable of taking a shower alone. I really felt satisfied, that we succeeded to give him the opportunity to be independent and reach his potential. When his sister recovered and he was ready to go home, we informed her of her brothers' progress and advised her to keep encouraging him to take a shower alone so he will strengthen his confidence and continue to gain more independence. She was grateful and relieved as she was still very weak and was worried, she won't cope with her caring responsibilities.

What was good and bad about the experience?

Write your text here

This case study illustrates the importance of proper nursing assessment to identify patient needs and capabilities; the establishment of a good therapeutic relationship built on trust; and finally working together with the multidisciplinary team to improve patient outcome. As nurses we are in the best position to enable our patients and help them regain and restore independence as much as possible.

Write about any changes or improvement in your practice as a result.

Write your text here

Upon reflection, this experience helped me to understand the complexities that mental illness has on the individual and their informal carers. Informal carers are providing most of the caring in the community without any training. I think it is vital for me to keep abreast with the impact of mental disorders on patients in order to be on the lookout and implement strategies to address them and to work with the family to support them in their everyday struggles. Mental health sufferers tend to lose their social skills like cleanliness which could easily end in self neglect. This case taught me to be non-judgemental, to see the person in the patient, and the importance of empowering the patient to regain social skills. This also follows with the national strategy of integrating people with mental illness in the community.

Competency 1.4: Provides evidence of continuous professional development.

Write your text in the space below

The following is a short summary of what is expected on a CPD activity.

2016 – Safe Practices within the Clinical Environment: Short Summary

I had the opportunity to attend a one-day Conference on Safe Practices within the clinical environment. A brief introduction to patient safety issues including the physical, social, emotional, and economic costs was presented. This was followed by a description of the PASQIT project currently being implemented in Mater Dei Hospital. A number of initiatives associated with this project were also presented including thermoregulation of the newborn, pressure sores, and the importance of discharge planning to reduce potential safety issues.

Most of the topics on patient safety were not new however I was not aware of some of the initiatives that were taking place. Also, the importance of the reporting and its positive impact at organisational level was presented. This facilitated my understanding of the whole concept. The lack of reporting by all professionals was also debated. During the presentation I could relate to a number of incidents including near misses that I could have reported but did not know.

The importance of reporting is an issue that I will be working more upon. Reporting provides a means for the organisation to analyse the processes and improve upon them. It has also widened my perspective on other areas which are considered as part of the patient safety alert. These areas will aid as a reminder in my everyday practice.

Domain 2: Provision of Nursing Care

Competency 2.6: Takes charge of ward/section/unit, in the absence of Charge Nurse.

Write your text in the space below

Mr. Joe Borg has formed part of this unit since its initial phases and thus was one of the members who participated in the setting up and training and mentoring of new staff during its expansion. Mr. Borg was one of the senior qualified nurses and has acted as charge nurse, in the last three years when I was responsible for the Unit taking charge of the unit in my absence. He has systematically demonstrated the ability to be flexible, prioritise work and willing to share her knowledge and expertise with patients, families, and other members of staff. He is a very responsible, organised, and accountable person. He can work independently, out of own initiative and/or within a team. He has always demonstrated ability to acknowledge his limitations and liaise with his senior management as needed. Mr. Borg has strong communication and interpersonal skills and is a valued team member.

Yours Sincerely



**Sharon Camilleri
Charge Nurse
Medical Ward 11**



**Joe Borg
Staff Nurse
Medical Ward 11**