

## SELF-REFLECTION ASSIGNMENT

### INTRODUCTION

In Australia, the Nursing and Midwifery Board of Australia regulate the functions of the nurses. This board was established in 1 July 2010 and has been instrumental in setting and providing the guidelines for the registered nurses. The Australian Nursing and Midwifery Council or the ANMC can be known as the peak national midwifery and nursing organization, which was founded in 1992. The main purpose of this council was to develop a national approach to midwifery and nursing regulation. The ANMC also works with the territory and state Nursing and Midwifery Regulatory Authorities or the NMRAs.

Together they aim to develop certain national standards that are known as the vital components of providing a regulatory framework based on which the midwives and nurses deliver a competent and safe service. Thus, to maintain competency I should follow the standards and use it as an assessment tool to measure my performance and help me retain my license to continue practicing as a registered nurse anywhere in Australia (Ahpra.gov.au, 2015).

In order to understand the competency standards for the nurses, some of the guidelines from different domains are discussed. Here, three different ANMC/NMBA National competency standards for the registered nurse which I should follow and thus those standards are explained-

1. Professional Practice- This domain involves in helping me carry out my professional practices ethically. It suggests that I should carry out my nursing practices according to the procedures, policies, and legislations. It guides me to practice care and compassion while handling the patients and provide a quality service (Anmac.org.au, 2015).

While discussing this domain one of its sub clauses are also explained:

- 1) Complies with common laws and legislations- It focuses on my ethical and legal nursing practices as per the law and the legislation. This clause identifies the acts, legislations and policies where the name of the nurses are either included or excluded. It also helps me understand the legal requirements to maintain effective nursing practices. The legal requirements of the other health personnel with whom I will work is also explained in this clause. The legal issues important for my nursing practices are discussed and nursing responsibilities in accordance to the legislation is explained. It also looks after those aspects where the necessary authorized person is reported in case of some of my decisions and actions that are taken for the well-being of others (Cherry and Jacob, 2011,pg-40).

Some other sub clause of this domain are-

- 2) The duty of care is fulfilled;
- 3) The knowledge of the organizational procedures and policies are demonstrated;
- 4) The safety of the individuals are ensured;

- 5) Any breach in legislation by some actions is reported to appropriate person (Fero, Herrick and Hu, 2011).
2. Critical thinking and analysis-This domain focuses on how I will undertake critical thinking and analysis. It is used as an important tool to help me measure my performance and whether it complies with the guidelines. Critical thinking will help me understand the certain conditions and make rational decisions. Although I can acquire critical thinking skills in my nursing school, but only in practical situations, I can exercise my critical thinking and analytical skills. For example, suppose blood pressure of a patient falls rapidly, in that case the assigned nurse can suggest the idea of feeding him with saline water, which has sodium content in it (Kelly, 2012,pg-74).

While discussing this domain one of its sub clauses are also explained:

- 1) Assessment of performance based on the nursing standards- The nursing standards set by ANMC can be used to assess my performance. I can regularly evaluate my performances and based on my evaluation I can reflect on the consequences of my own practices on the performance of my fellow employees. This will help me understand the significance of the nursing practices and teamwork, which are evidence based. It also focuses on practices, which help in improving the health care developments, and I as the enrolled nurses will recognize the registered nurse as the basis of reference, which assists in effective decision-making (Lewis, 2011,pg-320).  
Some other sub clause of this domain are-
- 2) The need for a professional or self-development of the nurses is recognized.
- 3) The need for self care of the nurses is also recognized.
3. Provision and coordination of care- This domain contributes to the development of the care plans in accordance with the individuals, registered nurses and groups. It relates to the organization, provision and co-ordination of nursing care, which includes the analysis of groups and individuals, and prepares a planning, carry out its implementation and finally carrying out the evaluation (Nursingmidwiferyboard.gov.au, 2015).

While discussing this domain one of its sub clauses are also explained:

- 1) Accurate collection of data- The functional and health status of the groups and individuals are collected and reported accurately. I being a responsible nurse should collect all the health related information using an appropriate healthcare technology. Some of the techniques that I will use for gathering the data are interview, observation, physical examination, questionnaires and other measurement tools. Then I will document the information about the health details of the groups and individuals clearly and accurately as per the national guidelines. As per the previous information, I will gather the new information about the health status of the groups and individuals and review it. As per the review, I will report the changes in the functional and health status to the appropriate members of my nursing team or my registered nurse (Rigolosi, 2013, pg-17).

Some other sub clause of this domain are-

- 2) Identifying the expected outcomes of the health care with the participation of the groups and individuals and registered nurse;
- 3) Evaluating the progress of the groups and individuals in relation to get the outcomes and reformulate, the care plans (Simpson and Creehan, 2013, pg-33).

## CONCLUSION

The study will help me evaluate and assess my performance in relation to certain guidelines set by the ANMC. This is evaluation that I will do is actually based on the national competency standards. Three of the competency guidelines of the standards are discussed along with which the sub points are also discussed and explained (Sullivan, 2012, pg-127).

## References

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