

Self-Directed Learning Tool

Sample SDL Tool Learning Goals, Client Care

Learning Goal:

I will improve my active listening skills so that I can enhance my communication with interns. I will utilize their feedback to ensure continuous improvement by July 31.

Action Plan:

Complete the SkillPath 'Active Listening Seminar' by Feb 28
Read 3 journal articles on active listening by March 15
Obtain feedback from Interns regarding my coaching by June 30

Learning Goal:

Increase my knowledge of the proper treatment of gestational diabetes. This will enable me to counsel women newly diagnosed with gestational diabetes by March 15.

Action Plan:

By Nov 30, engage a colleague to act as a mentor as I gain expertise with this patient population.
By Dec 15, read the current literature in the treatment of Gestational Diabetes
By Jan 15, attend a Gestational Diabetes class at my local Diabetes Education Centre
By Feb 28, have mentor observe me conducting a Gestational Diabetes class and obtain feedback.

Learning Goal:

While on maternity leave, I will enhance my knowledge on current and trending nutrition topics and keep up-to-date by investigating reliable information. This will help me understand my clients' perspectives and enable me to help them sort out the reliable from non-reliable sources of nutrition information. I will complete this goal by September 30.

Action Plan:

Read at least 1 published journal article per month on a current popular trending nutrition topic by September 30
Read at least 1 popular/pop culture nutrition related article per month by Sept 30
Develop a patient reading list of sound nutrition information by Sept 30

Learning Goal:

As part of my course work in obtaining my Masters in Nutrition, I will expand my knowledge and application of research methods so that I can evaluate the most recent studies related to Phytosterols and their effect on lipid levels by June.

Action Plan:

Complete statistics course by Dec 30
Complete "Research Methods" course by Dec 30
Form working group and critically evaluate recent Phytosterol studies by March 31

Learning Goal:

By Feb 28, improve charting skills in long-term care to enhance interprofessional communication while meeting professional documentation standards.

Action Plan:

Review Ministry Charting guidelines by Oct 30
Organize a lunch and learn to discuss optimal charting by Nov 30
Ask Manager to audit 10 or more charts by Jan 15
Request a random chart audit by August 31 to ensure continuous quality improvement
Review the *Long-term Care Homes Act*
Review CDO "Professional Practice Standards for Record Keeping"

Learning Goal:

By Mar 30, I will continue to learn about and apply the IDDSI requirements to menu planning and nutrition care plans with focus on thickened fluids and soft diet texture to meet IDDSI standards and improve LTC resident acceptance.

Action Plan:

By Jan 15, attend IDDSI webinars regarding IDDSI standards related to: 1) menu planning for dysphagia diet textures and fluids, 2) recipe preparation for Soft, Minced and Pureed Diets and thickened fluids

By Jan 30, attend IDDSI webinars to learn recipe production tips for food and fluids based on current research related to pureed texture foods and thickened fluids

By Feb 1, create recipes for thickened fluids and introduce a new gel-based thickener rather than starch-based thickener; Audit resident acceptance of new thickened fluid product

By Mar 30, prepare an education session for nursing staff to introduce the IDDSI food and fluid framework (levels)