

Professional Development Learning Activity

Learning outcomes

- Understand rationale for developing a nursing portfolio.
- Know how to approach a self-assessment against the competencies using everyday practice examples.
- Increase familiarity with the Nursing Council of New Zealand website.
- Locate and review guidelines that underpin nursing practice.

Reading the article and undertaking this *Skin tear rates as one indicator of quality of care* learning activity is equivalent to **60 minutes** of professional development.

This learning activity is relevant to the Nursing Council of New Zealand¹⁶ competencies **1.1, 1.4, 2.1-2.4, 2.6, 2.8-2.9**.

Please discuss all your answers with your peer/s.

A Reading	
1	Explore the International Skin Tears Advisory Panel's website, particularly the <i>Skin Tear Resource Kit</i> : www.skintears.org .
2	Review the <i>STAR Skin Tear Classification System</i> : [see excerpt in Box 1, the full STAR tool and glossary can be viewed at: www.woundsaustralia.com.au/wa/resources.php]
B Reflection	
1	Reflect on how your workplace measures clinical quality, including the indicators that are included in the quality management system.
2	Reflect on your involvement in collecting the data used to measure quality, and the processes and systems in place to ensure you are informed of results generated by the quality monitoring system.
3	Reflect on an instance when you were providing care for an older person who sustained a skin tear during care delivery. <ul style="list-style-type: none"> ► What were the factors that contributed to that skin tear(s)? ► Was it preventable? ► Can you remember how you felt about this incident at the time?
C Reality	
1	Review the number of skin tears that have been reported in your service over the past 12 months. Can you identify any trends in that data, such as the time of day skin tears are most likely to occur, which parts of the body are most commonly involved, how the skin tears happened and whether any resident/client/patient are experiencing multiple skin tears?
2	Identify a resident/client/patient in your service who frequently experiences skin tears. Obtain the required permissions to review the individual's care plan. <ul style="list-style-type: none"> ► What strategies are documented to minimise skin tears for that person? ► Review their wound management records and check to see if care plans were developed for each individual skin tear, how frequently these wounds were monitored, and whether the wound assessment and treatment reflects best practice?

Verification by a colleague of your completion of this activity

Colleague name	Designation	Date
Nursing council ID	Work address	Contact #