



DATE:
 NAME:
 NURSING COUNCIL ID:
 DESIGNATION:
 WORKPLACE:

A PROFESSIONAL
 DEVELOPMENT ACTIVITY
 PROUDLY BROUGHT TO
 YOU BY **NursingReview**

RRR LEARNING ACTIVITY:

Reading the article and undertaking this In Balance learning activity is equivalent to 60 minutes of professional development. Discuss all your answers with a peer/s.

See the Nursing Council defined competencies for professional responsibility and interpersonal relationships in Domains 1 and 3 for RNs, ENs and NPs at www.nursingcouncil.org.nz/Nurses/Continuing-competence

A READING: THE QUESTIONS IN THIS SECTION ARE DESIGNED TO HELP YOU READ THE ARTICLE ATTENTIVELY

1	Which of the factors listed below was not cited as a reason for increasing interest in work-life balance? <i>Tick one</i> <input type="checkbox"/> increased travel time <input type="checkbox"/> global climate change <input type="checkbox"/> distantly located elders <input type="checkbox"/> delayed child-bearing
2	The concept of 'spillover' is about: <i>Tick one</i> <input type="checkbox"/> only negative effects between roles <input type="checkbox"/> positive or negative effects between roles
3	The studies cited in this article found impacts on mental health and well-being when study subjects worked more than 10 hours overtime per week on top of: <i>Tick one</i> <input type="checkbox"/> part-time hours <input type="checkbox"/> full-time hours <input type="checkbox"/> either full- or part-time hours
4	The 2015 NZNO employment survey reported that the proportion of the nursing workforce with responsibility for family members was: <i>Tick one</i> <input type="checkbox"/> just under a half <input type="checkbox"/> about half <input type="checkbox"/> just over half
5	The article concludes by recommending that the most important conversation to have about your work-life balance is with: <i>Tick one</i> <input type="checkbox"/> your manager <input type="checkbox"/> your significant others <input type="checkbox"/> yourself <input type="checkbox"/> a trusted colleague

B REFLECTION: THIS SECTION HELPS YOU REFLECT ON YOUR LEARNING FROM READING AND RELATE IT TO YOUR EXPERIENCE

1	What work-life balance means for me personally is that I am able to...
2	What are your 'take home' insights or learning? List 3 points from the article: 1. 2. 3.

C REALITY: THE NOTES YOU MAKE IN THIS SECTION SHOW HOW YOU INTEND TO APPLY YOUR LEARNING IN PRACTICE

1	Please select from 'Questions this article might prompt...' the one most meaningful to your work-life balance. Outline your answer, the options open to you, and actions you plan to take in some brief notes below:
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Verification by a colleague of your completion of this activity:	<i>(Signature)</i>
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COLLEAGUE NAME:	DESIGNATION:	DATE:
NURSING COUNCIL ID:	WORK ADDRESS:	CONTACT #: