

Professional Development

Learning Activity

Reading and reflecting on this article will enable you to:

- ▶ Define the *Fundamentals of Care Framework* and its importance to clinical practice
- ▶ Describe the importance of the nurse-patient relationship within the Framework
- ▶ Explore how the Framework can inform your practice
- ▶ Consider health care system barriers and facilitators to the provision of fundamental cares.

Reading the article *Fundamental nursing care: getting back to 'basics'* and undertaking this learning activity is equivalent to 60 minutes of professional development. This learning activity is relevant to the Nursing Council registered nurse competencies: 1.1, 1.5, 2.4, 2.6, 2.8, 2.9, 3.1, 3.2, 3.3, 4.3.

A Reading

- 1 Watch the TEDx talk (10 minutes) by Jason Leitch on "what matters to me" – a new vital sign: bit.ly/2KDpjTW

B Reflection

- 1 Reflect on how in your practice you find out what is important to your patients as part of your development of therapeutic relationships with them and their whānau or family
- 2 Reflect on how your practice setting hinders or enables your ability to deliver fundamentals of care – what can you change?

C Reality

- 1 Find policies within your organisation that support the application of the *Fundamentals of Care Framework* in practice
- 2 Identify the ways in which you could reprioritise the *Fundamentals of Care Framework* into your practice
- 3 Describe ways to overcome system-level influences that hinder the implementation of the *Fundamentals of Care Framework*.

Verification by a colleague of your completion of this activity

Colleague name	Designation	Date
Nursing council ID	Work address	Contact #