

Personal Development Plan (PDP)

First goal: To become a registered Mental Health Nurse.

How does this relate to the role?

The band 5 Mental Health Nursing practice role requires the qualification. The registration as a RMN is needed.

What do I need to do to achieve this goal?

I need to complete a Nursing and Midwifery Council (NMC) validated degree in Mental Health Nursing. I will start with a course at University of South Wales which is called **BSc (Hons) NURSING (MENTAL HEALTH)**.

How long will it take me?

A full-time course at University of South Wales would take me three years.

What barriers may stop me from achieving this?

I might face academic load, placement stress, and struggle balancing personal commitments with university responsibilities and not meeting deadlines.

How can I overcome these barriers?

Have good time management, take advantage of all academic and well-being support services, have an easy to follow study schedule.

Second goal: Develop risk-management skills

How does this relate to the role?

Well, the job involves continuous risk-management planning for older adults with dementia or mental-health conditions.

What do I need to do to achieve this goal?

Attend the “Risk Management Masterclass Course – Cardiff / Bridgend (South Wales)” delivered by Ascent Training Wales. The course focuses on risk identification and strategies.

How long will it take me?

The masterclass is completed in 1 day. And the content learnt can be practically applied and reflected across approximately 12 months.

What barriers may stop me from achieving this?

The availability of the course dates and its price (Cost of the course is £275).

How can I overcome these barriers?

Plan ahead the available dates and explore different NHS funding options such as bursaries.

Third goal: Better my communication skills.

How does this relate to the role?

The role requires effective communication with patients, carers, and multidisciplinary team.

What do I need to do to achieve this goal?

Attending communication workshops. There is a “Communication Skills for the Mental Health Practitioner” eLearning programme in partnership with the NHS available.

How long will it take me?

It has the content of an approximate of 6-8 hours, but since you can access the content given at any time. the duration of the programme is flexible.

I will complete this online study with reflexion and practice over 2 months.

What barriers may stop me from achieving this?

Falling into procrastination and not prioritising my independent learning.

How can I overcome these barriers?

I will schedule a weekly eLearning plan for the two months.

Fourth goal: Learning to administrate and store the medication safely.**How does this relate to the role?**

It is an essential policy that nurses must administrate and store medication in safely measures.

What do I need to do to achieve this goal?

I will enrol in the “Medication Management Course” done by ProCare Nursing Cardiff.

The course contains practical training in safe medication administration, legal responsibilities, documentation, and storage procedures.

How long will it take me?

It's a face-to-face course so I am aiming to complete it within 6 months. Hopefully before starting to practice my medical administration in placements.

What barriers may stop me from achieving this?

Struggle to fit the time for the course while having other school commitments.

How can I overcome these barriers?

Plan ahead using a study and placement calendar as well as booking the course in advance to check availability.

Fifth goal: Learn leadership skills.

How does this relate to the role?

As a Band 5 nurse, you will have to supervise HCAs and students often. As well as keeping control of effective team care at the wards.

What do I need to do to achieve this goal?

I will enrol in the “Leadership and Management virtual short course” delivered by the University of South Wales Professional Development Unit.

How long will it take me?

The course can be completed within 2-3 days.

What barriers may stop me from achieving this?

The course has a high demand and that could affect the availability for slots and long waiting lists.

How can I overcome these barriers?

Try to book place early and contact the Unit team for in house student access dates.