

Personal development plan.

| Goals                      | How does this relate to the role?                                                                                                                                                                                                                                                                                                                                                                                           | What do I need to achieve this goal?                                                                                                                                                                                                                                                                                                                                        | How long will it take me? | What barriers may prevent me from achieving this?                                                                                             | How can I overcome these barriers?                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
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| Education & Qualifications | It is a legal requirement in the uk to complete my Child nursing degree approved by the NMC to be able to practice as a paediatric nurse. This qualification would support me in receiving the necessary ethical understanding and professionalism, clinical knowledge and professional registration needed to make sure that I am able to deliver person centered, safe, evidence based care to children and young people. | I need to first complete my healthcare practice course to be able to apply for my child nursing degree course. Taking the time to focus on my studies to enable me to get the right grades to accomplish it and progress. I need to be able to meet the entry requirements to get onto the course and successfully complete all my course work, placements and assessments. | 4 years                   | <ul style="list-style-type: none"> <li>- Work load and time management</li> <li>- Work struggles</li> <li>- Financial difficulties</li> </ul> | <ul style="list-style-type: none"> <li>- Learning to manage my time better by being organized and making sure to start work and giving myself enough time for when the work was given to me on its due date to get it finished and handed in on time.</li> <li>- If I come across a piece of work that I seem to be struggling with, get in contact with my tutors or access the learning support team to see if they'd be able to help and explain the work to me in a way that I would find easier to understand.</li> <li>- Financial difficulties could be a barrier because of travel costs and it sometimes becomes difficult to balance work and uni attendance which means less of an income. I am a driver however</li> </ul> |

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| Develop the required practical clinical skills | To be able to deliver the hand on care that children nurses are required to perform on a day to day basis it is crucial for me to have the right practical clinical skills so that this care is delivered safely and efficiently for the child. From monitoring their vitals to administering medication and also supporting their families during treatment I am required to have the proper understanding and skill set to do so. These skills are usually developed through placement that I would be doing on my degree to ensure that I am able to work confidently in real clinical environments and to make sure that I am and to perform whatever is needed of me. Enabling me to be able to work through and handle any | I need to get accepted to my child nursing degree and complete clinical placements on paediatric wards, neonatal wards and community settings. All which I believe the university would put in place for me. On placements I believe I am assigned a mentor who would evaluate my skills and give feedback on what I am good at and one what I need to improve and I should take that and work on improving the things I need to. I then need to practice the essential skills I am being taught such as taking observations, administering medication and communicating with the children and families. | On the degree and after, this is ongoing. | <ul style="list-style-type: none"> <li>- Limited opportunities</li> <li>- Confidence</li> </ul> | <ul style="list-style-type: none"> <li>- Do my own research about more places that accept students for placements and potentially travel a bit further for work experience. Or volunteer in different places.</li> <li>- Take part in different activities or volunteer work that would help boost my confidence. Keep a journal or a skills log to track my progress.</li> </ul> |

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|                                          | situation. To make sure that I am following the workplace protocols and delivering the best, safe care possible that meets the needs of the individuals in my care.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |                                                |                                                                                                                                               |                                                                                                                                                                                                                                                                                                       |
| Improve empathy and communication skills | Communication is a huge part of this role not only when it comes to explaining to a child or young person and their families what is going on and taking clinical terms and complex medical information and making it easier for them to understand.but also to communicate with peers like Doctors or nurses you are working with, ensuring the right information is being passed on correctly to be able to deliver high quality holistic care to the children young people and families. Empathy supports child nurses in building trusting relationships with their patients and enables you to reassure them in a way that would help in calming their nerves, | These skills can be enhanced by attending classes that focus on building effective communication. Also attending classes that teach about children's development and understanding the way children's minds work and process different things and the different stages to be able to tailor to needs of the children at different stages. Also possibly volunteering to work with children and families in order to get a feel for the role and working on different ways to communicate with individuals and families. | Continuous throughout training and on the job. | <ul style="list-style-type: none"><li>- Lack of confidence and understanding</li><li>- Emotional strain</li><li>- Language barriers</li></ul> | <ul style="list-style-type: none"><li>- Apply listening ability by hearing each individual and acting in benevolence to meet specific needs appropriately</li><li>- Prevent emotional strain by knowing the work i'm doing will support/help individuals and contribute to benefitting them</li></ul> |

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|                                                              | making them less stressed or anxious.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |                                                                                                                                                                                                                              |                                                                                                                                                            |                                                                                                                                                                                                   |                                                                                                                                                                                                                                                                                                                                                                                                                            |
| Build professional network and Gain required work experience | This allows me to gain the experience needed and see what the day to day role of a child nurse looks like and the realities of it. Like shift work , interaction with patients and what working like a team looks like in different settings.Building a professional network enables me to learn from other practicing experienced nurses and keeps me in the loop of hearing about different healthcare practices or change within the healthcare system and also helps open up more opportunities within this line of work and shows employers that i am genuinely committed to the paediatric nurse role. | To achieve this goal I could volunteer or work as a healthcare worker on the paediatric ward to gain the experience needed to progress.I could also attend open days or nursing conferences to build a professional network. | It would take me at least 6 months to start gaining the experience needed but you also learn something new everyday so i believe this timeline is ongoing. | <ul style="list-style-type: none"> <li>- Social anxiety or inexperience</li> <li>- Time management</li> <li>- Competitive role</li> </ul>                                                         | <ul style="list-style-type: none"> <li>- This can be overcome by preparing ahead of time, what to say and questions to ask for networking events</li> <li>- Trying to manage my time better and be able to balance education and work experience</li> <li>- By starting to apply early for roles that i could gain the experience needed i would be able to overcome the barrier of it being a competitive role</li> </ul> |
| Develop emotional resilience and Self care strategies        | The paediatric nurse role can be an intense job working with intense emotions and working with very sick children or                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | To support the development of emotional resilience and self care strategies I can attend that focus on mindfulness                                                                                                           | This is continuous through education and on the job.                                                                                                       | <ul style="list-style-type: none"> <li>- Stress and burnout</li> <li>- Prioritising others over myself, a lack of time</li> <li>- Scared to seek help</li> <li>- Difficult experiences</li> </ul> | <ul style="list-style-type: none"> <li>- Stress and burnout can be managed by using different mindfulness and relaxation techniques for me the way i manage it is</li> </ul>                                                                                                                                                                                                                                               |

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|  | <p>families in distress can become very overwhelming. Developing emotional resilience will allow me to stay professional, continue to meet the needs of the children and young people and over all work effectively under pressure. Developing self care strategies will help prevent burnout and will enable me to maintain and deliver the high quality of empathy and care while staying focused.</p> | <p>and managing stress. I can also ensure a selfcare routine is in place as a big part of being able to take care of others is also making sure that I am taking care of myself to ensure I am fit and able to deliver the best care possible to my patients and their families. I am also aware that when in need there will be peers in my work place or as a student that I can go to when in need and also seeking professional if needed.</p> |  |  | <p>my faith</p> <ul style="list-style-type: none"><li>- I can prioritise myself and make sure that I have time for myself and hobbies or things that i enjoy doing</li><li>- By talking to someone I trust I can overcome and prevent the barrier of me being reluctant to to seek help.</li><li>- In this line of work i am bound to have some difficult and challenging experiences that i need to reflect pn regularly and remind myself that i am doing work that helps people and that will help me build resilience towards these experiences</li></ul> |
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