



## Self-Assessment Resources & Reflection Exercise

Completing a self-assessment each year helps you review the practice expectations for RNs and/or RN(NP)s and monitor your progress from one year to the next. Before you complete this section of your CCP forms, it's important you take time to reflect on your practice. We've included some resources and a reflection exercise in this document to help you do this.

### Resources:

Before you complete your self-assessment, it may be helpful if you set aside time to review the following documents available on our website:

- 1) [Code of Ethics for Registered Nurses](#)
- 2) [Professional Boundaries for Therapeutic Relationships](#)
- 3) [Assignment and Delegation to Unregulated Care Providers](#) (if applicable in your practice)
- 4) [Entry Level Competencies for Registered Nurses](#)
- 5) [Entry Level Competencies for Registered Nurse \(Nurse Practitioners\)](#) (if applicable in your practice)
- 6) [Competencies for RN\(AP\)s](#)
- 7) [Registered Nurse Responsibilities Related to Professional Practice Issues](#)
- 8) [Duty to Report](#)

### Reflection Exercise:

How well can you reflect on your practice? Think of **at least** one practice situation where you performed well and one where you feel you could have performed better. *Please note the questions listed in this exercise are to be used as a guide to reflect on your practice – not all questions may need to be answered or considered in all situations.*

#### Step 1: Describe the situation

- 1) What are the facts of the situation?
- 2) Who is involved (e.g. client, family members, colleagues, etc.)?
- 3) What is the main issue?

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