

C/PHN Competencies in Public Health Nursing Practice

A Self-Study & Self-Reflection Activity

Brought to you by:

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NC Division of Public Health Continuing Nursing Education
Approved Provider Unit



North Carolina
Public Health Nursing



Public Health Nurses at Heart



Congratulations! You made the decision to delve deeper into your Public Health Nursing practice by looking at the 2018 Quad Council Coalition's Community/Public Health Nursing (C/PHN) Competencies.

The C/PHN competencies provide the knowledge, skills, and behaviors necessary for competent PHN practice, in every practice setting. As you reflect on them, you will confirm your current areas of competency and also identify competencies that you may wish to master.

Use this Self-Study as a starting point for your professional development plan.

Happy Reflecting!

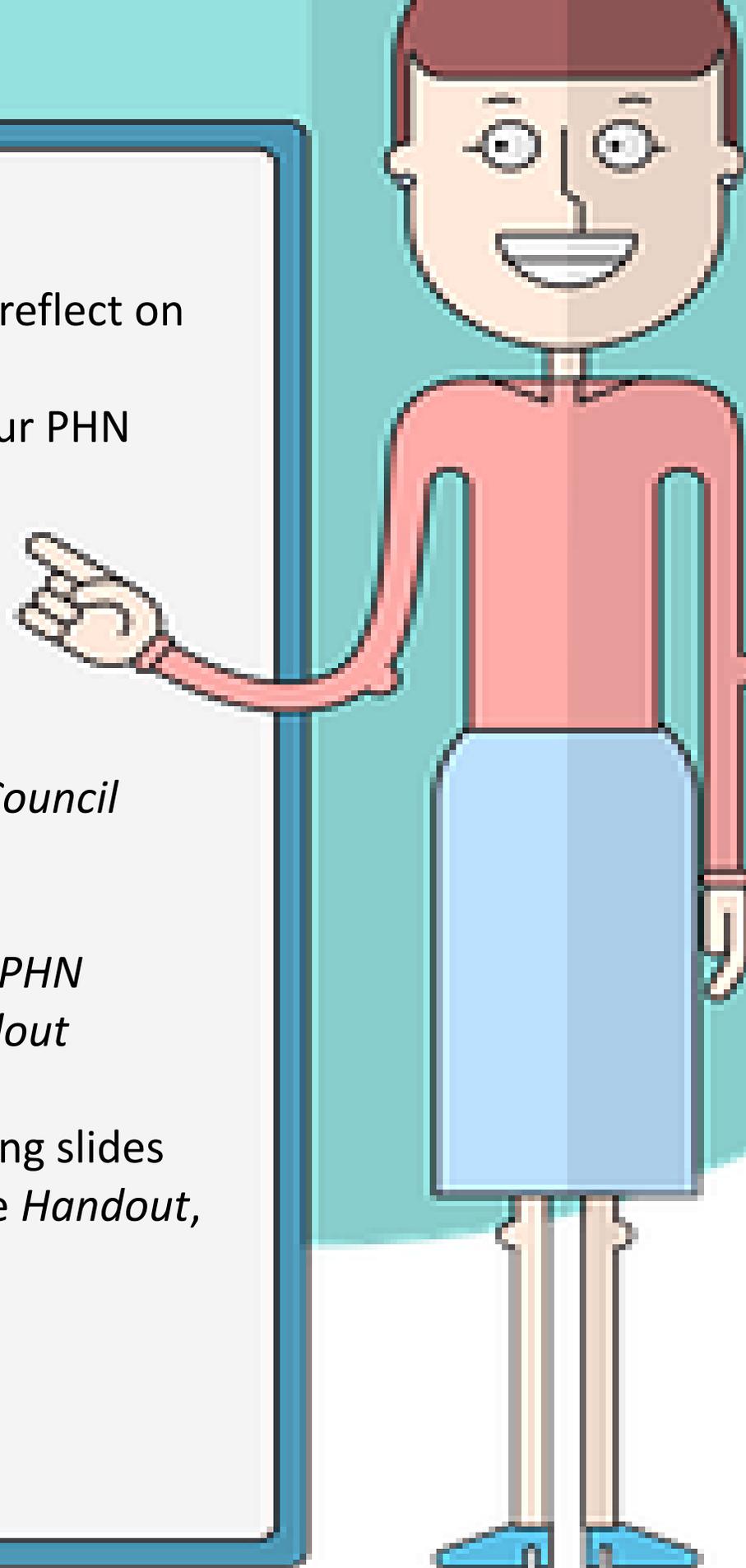
Dr. Susan Haynes Little, RN

How this educational activity works:

This self-study will help you to learn and reflect on the new Quad Council Coalition C/PHN Competencies and how they relate to your PHN practice. Progress at your own pace!

Here is what you do:

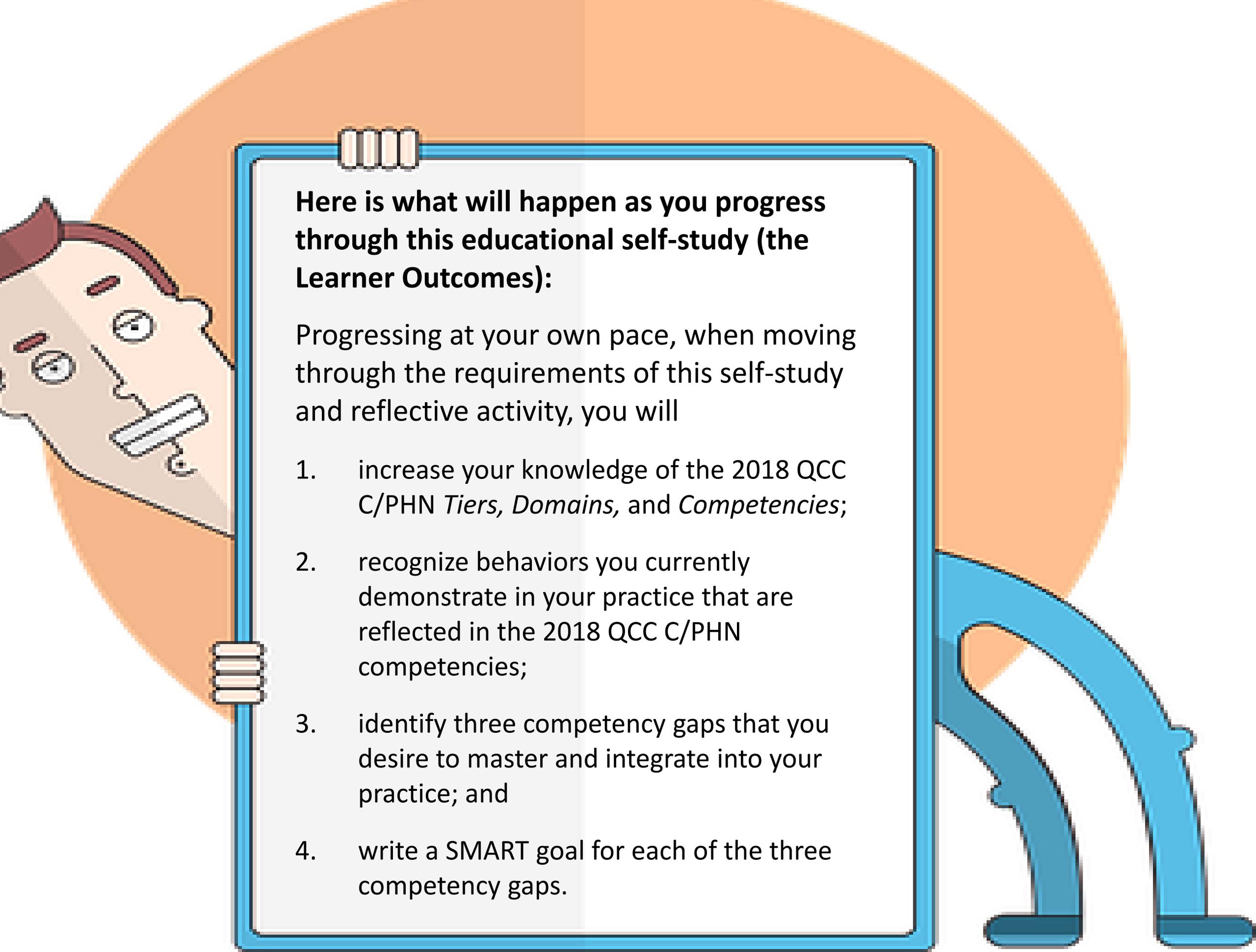
1. Read this *Introduction* presentation
2. Download or print the *2018 Quad Council Competencies for PHNs*
3. Download or print the *Self-Study C-PHN Competencies in PHN Practice Handout*
4. Follow the directions on the following slides (don't worry, they are written in the *Handout*, too!)





To qualify for 5.5 CNE contact hours, you must:

- | | |
|--|----------------|
| 1. Read this <i>Introduction</i> and the <i>Handout</i> | 30 min |
| 2. Read the <i>2018 QCC C/PHN Competencies</i> .
While reading, consider the Learner Outcomes | 1 hr. 45 min |
| 3. Answer 10 Self-Reflection questions in the
online survey | 3 hrs. |
| 4. Evaluate the CNE activity | <u>15 min.</u> |
| | 5.5 CNE ch |



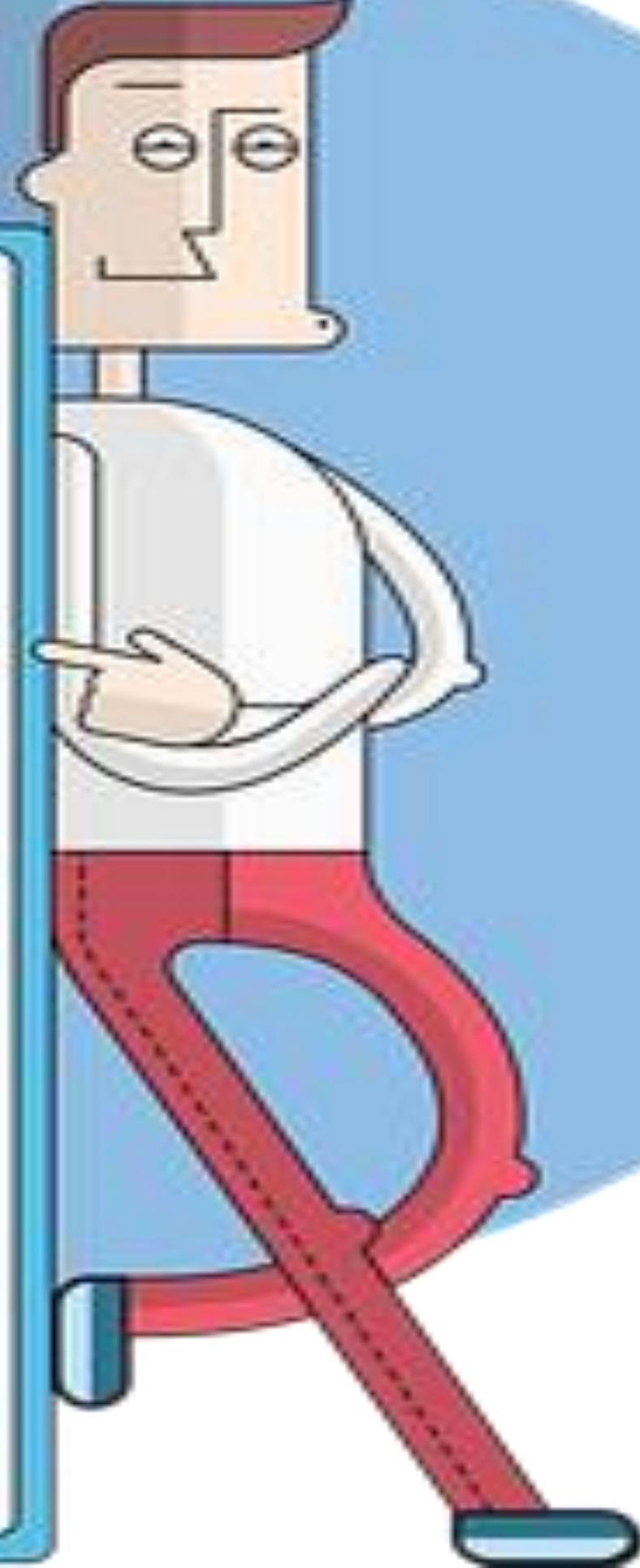
Here is what will happen as you progress through this educational self-study (the Learner Outcomes):

Progressing at your own pace, when moving through the requirements of this self-study and reflective activity, you will

1. increase your knowledge of the 2018 QCC C/PHN *Tiers, Domains, and Competencies*;
2. recognize behaviors you currently demonstrate in your practice that are reflected in the 2018 QCC C/PHN competencies;
3. identify three competency gaps that you desire to master and integrate into your practice; and
4. write a SMART goal for each of the three competency gaps.

Here are the 10 Self-reflection questions:

1. Describe the *Tier* in which I primarily function as a PHN.
2. Identify at least one competency in *Domain 1* that I currently possess and describe how I demonstrate this competency in my PHN practice.
3. ... *Domain 2* ...
4. ... *Domain 3* ...
5. ... *Domain 4* ...
6. ... *Domain 5* ...
7. ... *Domain 6* ...
8. ... *Domain 7* ...
9. ... *Domain 8*...
10. Identify *three* competency gaps that I desire to master and integrate into my practice, and write a SMART goal for each.
 - 1) ...
 - 2) ...
 - 3) ...





Special hints!

If you download the *Self-Study C-PHN Competencies in PHN Practice Handout* and type your answers to the 10 questions right into the saved *Handout*, then you can copy your answers from that document and paste them right into the online survey - it will save you from having to re-type your answers, which may be quite robust!

Also, consider marking your calendar for 3, 6, 9+ months from now to reflect on the three competency gaps you identified in Question #10 that reflect critical behaviors that you desire to master and integrate into your practice. Better yet, also write those dates in your SMART goals!

You are ready! Now it is time to look at the *Handout* and the *C/PHN Competencies*. If you have any questions, don't hesitate to contact the author of this educational activity:

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