Use these questions to reflect on how you meet the Professional Standards in your everyday practice.

### Professional Accountability and Responsibility
- How do I show accountability for my decisions and actions?
- What do I know about regulation and scope of practice?
- How do I assess my practice, identify and meet my learning needs?
- What actions do I take to provide/promote safe, appropriate and ethical care?
- How do I learn about and contribute to changes in agency policy, procedures and protocols?
- What strategies do I use to maintain a work/life balance?
- How do I demonstrate an understanding of professional responsibility?

### Knowledge-based Practice
- How do I incorporate new knowledge and evidence into my practice?
- What are the competencies I need to work in this area/specialty?
- How do I make sure my assessments are complete?
- How do I demonstrate critical thinking when planning and evaluating client care?
- What resources do I use to support my clinical decision-making?
- How do I develop/contribute to client care plans and communicate these to the team?
- How do I evaluate outcomes of care?
- What strategies do I use to keep my documentation accurate, objective and current?
- How do I support and mentor new colleagues, novice nurses and students?

### Client-focused Provision of Service
- How do I communicate and collaborate with others about my client’s care?
- How do I maintain or promote continuity of client care?
- What strategies do I use when providing appropriate regulatory supervision?
- What steps do I take to make sure I assign and/or delegate appropriately to other team members?
- How do I provide clinical guidance for other team members?
- How do I advocate for changes to improve client care and nursing practice?
- How do I help clients learn about the “health care” system and how to access resources?

### Ethical Practice
- How do I keep my care client-centered?
- What steps do I take to maintain and protect client dignity?
- How should I introduce myself to clients?
- How do I ensure my clients have the necessary information and time to make informed decisions?
- How do I maintain and protect client privacy and confidentiality?
- How do I demonstrate professional integrity in my practice?
- In what ways do I show respect for other team members’ contributions?
- What do I do to prevent/resolve conflicts between my personal values/beliefs and ethical client care?
- What resources do I use when making ethical decisions?
- How do I maintain appropriate professional relationships?