



COLLEGE OF
LICENSED PRACTICAL NURSES
OF ALBERTA

CONTINUING COMPETENCE PROGRAM GUIDE

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INTRODUCTION

The College of Licensed Practical Nurses of Alberta (CLPNA) is mandated through the Health Professions Act (HPA) to regulate Licensed Practical Nurses (LPNs) in a manner that protects and serves the public interest. As a part of this process, the HPA identifies the requirement for regulators to develop a Continuing Competence Program. The CLPNA Continuing Competence Program is a process of ensuring that LPNs maintain their competence as defined by the HPA. The HPA states that competence is, “the combined knowledge, skills, attitudes and judgment required to provide professional services.”¹

As part of registration with the CLPNA, LPNs must consistently maintain and enhance their competence in nursing practice and be aware of strengths and areas in need of improvement. Continuing competence is essential in meeting the demands of evolving practice environments and patient needs.

The Program provides LPNs with a framework for assessing competence. The Program also supports LPNs to achieve and demonstrate continuing competence through ongoing learning and remaining current in practice.

In accordance with Section 22(1) of the Licensed Practical Nurses Profession Regulation, the program consists of the following three requirements:

22(1)

- (a) a self-assessment based on the competence profile indicating the areas where continuing competence activities are to be undertaken for the next registration year;
- (b) a learning plan that states the continuing competence goals for the next registration year and the continuing competence activities to be undertaken during that year to achieve the continuing competence goals;
- (c) a list of continuing competence activities undertaken during the past registration year.²

LPNs must meet the continuing competence requirements to renew their practice permit on an annual basis.

This guide will provide information specific to the Continuing Competence Program requirements.

¹ Health Professions Act, RSA 2000, page 8.

² Licensed Practical Nurses Profession Regulation, Section 22(1), Alta Reg. 81/2003

NOTE

Effective 2019, practice hours are part of the Continuing Competence Program. The CLPNA has developed specific policies to assist in the reporting of practice hours and continues to provide regular communication on the policies and other relevant information updates. By 2023, all LPNs who do not meet the minimum of 1000 practice hours in the preceding four-year period (2019 - 2022) may not be eligible for registration or to renew a practice permit for the upcoming year.

FRAMEWORK FOR THE CONTINUING COMPETENCE PROGRAM



SELF-ASSESSMENT

Self-assessment is the process where LPNs reflect on the knowledge, skills, attitudes, and judgments they currently demonstrate. Using the Competency Profile for LPNs to guide this process, LPNs can identify areas of practice that require an increase in skill or knowledge; areas of interest where practice can expand; and the areas in which further education is needed to maintain competence. The process of self-assessment is based on individual reflection. The process and the outcome may differ between individual LPNs. LPNs are encouraged to complete their self-assessment every year prior to completing their Registration Renewal application in order to best identify the learning plan for the upcoming year.

Sample Self-Assessment Process

When reflecting on nursing goals, the following rating scale may be used to identify specific competency areas that require improvement or further development.

1	2	3	4	5
Expert	Competent	Requires Improvement	Novice	Not Applicable
I confidently demonstrate excellence in the expectations and/or requirements of the competency in my practice.	I satisfactorily meet the expectations and/or requirements of the competency in my practice.	I have identified learning required in areas of knowledge, skills, attitudes, or clinical judgments.	I recognize that I require education and/or orientation to meet the expectations and/or requirement of the competency.	This competency is currently not part of my role and responsibility in nursing practice.

Example Self-Assessment

Utilizing the rating scale, the LPN reviews the Competency Profile for LPNs to determine their level of competence. LPNs may structure their self-assessment as follows:

Major Competency Area: V – Infusion Therapy
Competency: V-3 Blood and Blood Products
Rating Assessment: Determined 4 – Novice

As part of the self-assessment process, the LPN may ask themselves a series of questions to determine if they have the required knowledge and skills in a competency area or require further learning:

What? So what? Now what?

In other words: What do I need to learn? What do I need to do to learn it?

What? *What learning do I need to demonstrate excellence in the expectations and/or requirements to provide safe, competent care for the patient receiving blood and blood products through transfusion, including obtain consent, prepare and administer blood and blood products by transfusion, and identify and manage a reaction?*

- *Anatomy and physiology of the circulatory system*
- *Components of blood and blood products used in transfusion therapy*
- *Normal and abnormal lab values pertaining to blood transfusion*
- *Prepare, administer, and monitor blood and blood products by transfusion*
- *Identify and manage a reaction to blood and blood products*

So what? *Why does it matter? What are the consequences if I do not have knowledge and competence in this area of nursing practice?*

- *Miss opportunities to perform the restricted activity of administering blood and blood products by transfusion in my nursing career*
- *Not able to manage any patient that requires blood and blood products by transfusion*

Now what? *What are you going to do as a result of your self-assessment? What will you do to enhance your nursing knowledge? How will you apply what you have learned?*

- *Study and review the Standards of Practice for Licensed Practical Nurses on Restricted Activities and Advanced Practice*
- *Complete the learning module: Administering Blood and Blood Products: Transfusion as one of my learning goals on my upcoming Learning Plan*
- *Look for opportunities to administer a blood or blood product by transfusion or infusion*
- *Find a mentor to support my new competency area*

LEARNING PLAN

Through the self-assessment process, the learning plan will be developed. The learning plan guides the learning to be implemented by the LPN over the upcoming registration year (January 1 – December 31, 2022). By answering the questions asked on the Registration Renewal application, LPNs identify a learning plan including two (2) continuing competence goals using the Competency Profile for LPNs.

Mandatory education is now a requirement of the Continuing Competence Program as approved by Council. The learning module can be identified in the learning plan as one (1) of the continuing competence goals for the upcoming registration year.

The learning plan includes four components:

- **Continuing Competence Goal(s):** The LPN will identify the major competency area and the competency as listed in the Competency Profile for LPNs to determine the learning goal.
- **Resources and Strategies:** The LPN will identify how the continuing competence goal will be achieved. Various sources can be used to meet the goal including books, videos, articles, workshops, in-services, conferences, courses, etc.
- **Target Date:** The LPN will identify a timeline for completing the continuing competence goal.
- **Evaluation:** The LPN will identify how knowledge, abilities and critical thinking skills may change as a result of meeting the stated learning.

NOTE

To meet the mandatory requirements of the Continuing Competence Program, LPNs must:

- identify a Learning Plan for the upcoming registration year
- choose two continuing competence goals using the Competency Profile for LPNs
- complete the mandatory education as one of the continuing competence goals for the upcoming registration year
- declare compliance with the Learning Plan for the previous registration year

CONTINUING COMPETENCE ACTIVITIES

Two requirements are needed to fulfill the Continuing Competence Activity expectation to maintain registration: **Learning and Practice Hours**.

Learning

Mandatory education is now included in the continuing competence activities. The learning module, *Understanding Restricted Activities* is mandatory for all LPNs to complete by June 30, 2022.

Changes to the LPN Regulation on February 1, 2020, defined the LPN Scope of Practice related to restricted activities. The **Standards of Practice on Restricted Activities and Advanced Practice** state that prior to performing any restricted activity or area of advanced practice, LPNs must pass the CLPNA learning module 'Understanding Restricted Activities'.

The CLPNA developed this module to help LPNs in understanding the requirements of performing authorized restricted activities. From June 30, 2022, all new Alberta practical nursing program graduates will have this education provided in their entry-level nursing program.

LPNs can login to their *myCLPNA* account to access the learning module:

[myCLPNA LOGIN to access Learning Module](#)

As the continuing competence activities are completed in the learning plan, it is important to document the learning. This includes keeping evidence that the LPN participated in the activity. The CLPNA's member web page offers a structured format to manage supporting documentation of learning activities through the *My learning* tab. Alternatively, LPNs may choose to document their learning using other organized formats.

Evidence of a learning activity may include but is not limited to the following:

- Transcripts
- Certificates
- AHS Learning Link records
- Workshop or conference programs
- Pictures or screen shots of books, web pages, journal articles

Practice Hours

Practice hours worked during the registration year are declared on the Registration Renewal application. This declaration includes the hours the LPN expects to work until the end of the year. These hours are utilized as a way of ensuring LPNs meet actively engaged requirements to maintain ongoing competence as a nurse or to renew a practice permit for the upcoming year. LPNs are required to practice a minimum of 1000 hours in the preceding four-year period. The hours reported may be validated through the Continuing Competence Program Audit process.

NOTE

LPNs are required to retain Continuing Competence information including their self-assessment, learning plan, and evidence of continuing competence activities for a minimum of four years.

AUDIT

The Continuing Competence Program Audit process verifies LPNs have met the requirements of the program. Each year, LPNs are selected to participate in the Audit process.

The Audit validates compliance with the declaration made on the Registration Renewal application that the learning plan(s) have been completed and practice hours have been accurately reported. Verification includes the submission of documentation and a response to questions posed on the Audit form. Documentation can be uploaded directly to the Audit form.

Proof of practice hours may also be required as part of the annual CCP Audit.

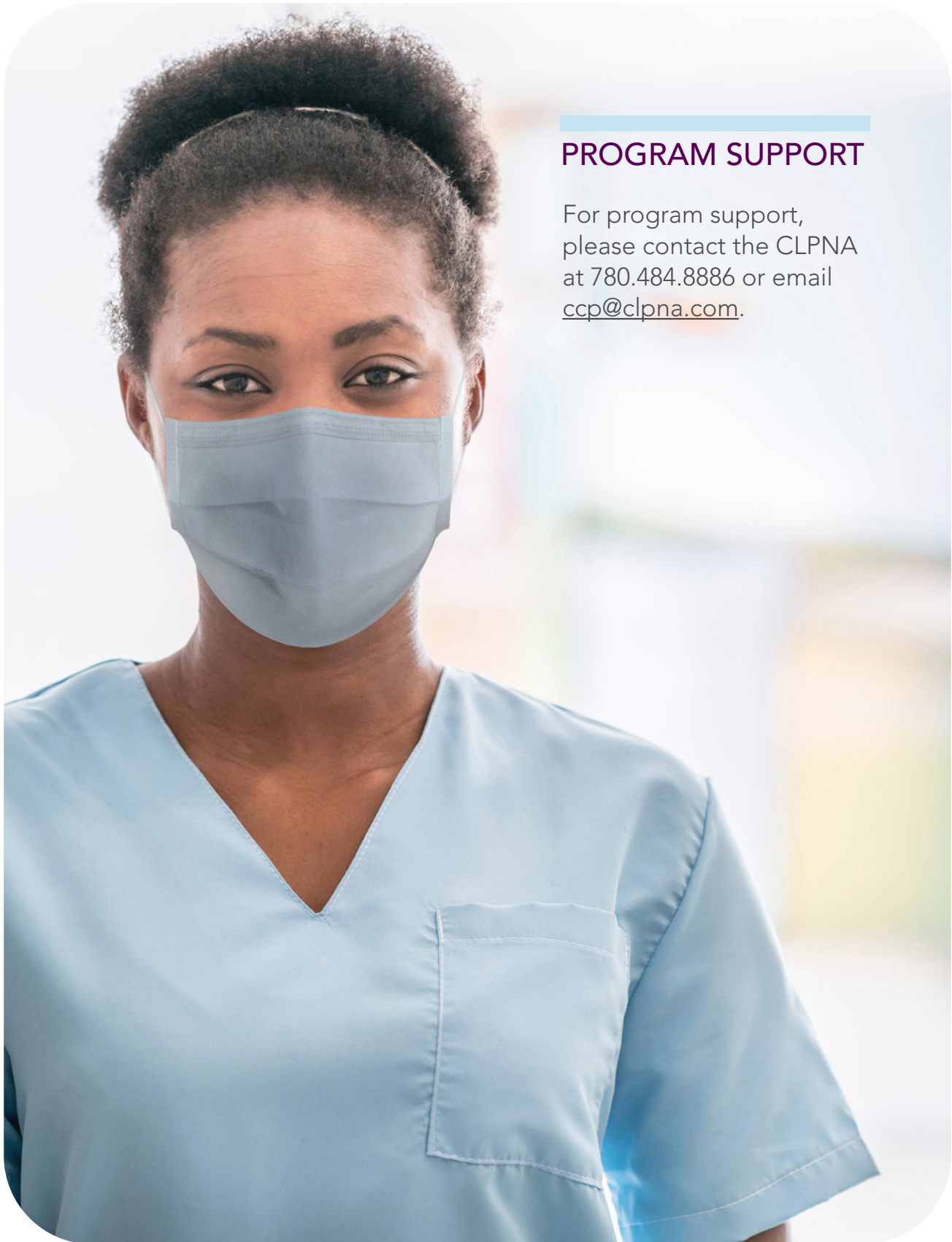
NON-COMPLIANCE WITH THE CONTINUING COMPETENCE PROGRAM

LPNs who do not meet the requirements of the Continuing Competence Program at the time of registration renewal may have their practice permit suspended for the upcoming registration year. The submission of the Registration Renewal application's requirement of learning and practice hours is considered a declaration of compliance.

If it is determined through the audit process that the LPN provided false information, the LPN may be referred to the Complaints Director.

NOTE

The CCP Audit will continue in May 2022 with approximately 10% of LPNs selected to participate. The CCP Audit requires evidence of participation in the CCP for the 2021 practice year.



PROGRAM SUPPORT

For program support, please contact the CLPNA at 780.484.8886 or email ccp@clpna.com.



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