

## Month 6 – Celebrating This Milestone & Preparing for the Next Phase

Congrats on this milestone with our team! This is an exciting moment in your career change, and it provides an opportunity to reflect on the challenges and successes you have experienced. It is also a valuable time to consider the goals and interests you want pursue in the future, and what opportunities are available to you.

### Discussion Questions:

- Reflecting on the past six months, how have you grown during this time with the team? What are some of the successes you've experienced?
- What challenges have you experienced? How did you overcome them? What did you learn – both about the situation and about yourself?
- What have you gained and learned in your nursing practice?
  - What are you new strengths?
  - What areas of practice/skills do you want to continue learning about?
- How are you feeling overall about your career change? As a team member and in your nursing practice?
- Looking back at Benner's Theory – Novice to Expert, where on the continuum do you see yourself now?
- Next Steps:
  - What is your next professional goal?
  - Would you like to get involved with improving our practice environment and clinical practice? If so, how? What are you most interested in?
  - How can we best support you in your next six months?

### Resources:

- *Patricia Benner's Theory: Novice to Expert*
- Local Professional Governance Committee, area-specific initiatives and Champion Roles
- RN Certification resources <https://www.uvacertifiednurse.com/>

### Program Evaluation for recently transferred RN:

Please share your experience and feedback by completing the survey provided. Thank you!



## Benner's Stages of Clinical Competence

In the acquisition and development of a skill, a nurse passes through five levels of proficiency: novice, advanced beginner, competent, proficient, and expert.

<b>Stage 1: Novice</b>	
The Novice or beginner has no experience in the situations in which they are expected to perform. The Novice lacks confidence to demonstrate safe practice and requires continual verbal and physical cues. Practice is within a prolonged time period and he/she is unable to use discretionary judgement.	
<b>Stage 2: Advanced Beginner</b>	
Advanced Beginners demonstrate acceptable performance because the nurse has had prior experience in actual situations. He/she is efficient and skillful in parts of the practice area, requiring occasional supportive cues. May or may not be with within a delayed time period. Knowledge is developing.	
<b>Stage 3: Competent</b>	
Competence is demonstrated by the nurse who has been on the job in the same or similar situations for two or three years. The nurse is able to demonstrate efficiency, is coordinated and has confidence in his/her actions. For the Competent nurse, a plan establishes a perspective, and the plan is based on considerable conscious, abstract, analytic contemplation of the problem. The conscious, deliberate planning that is characteristic of this skill level helps achieve efficiency and organization. Care is completed within a suitable time frame without supporting cues.	
<b>Stage 4: Proficient</b>	
The Proficient nurse perceives situations as wholes rather than in terms of chopped up parts or aspects. Proficient nurses understand a situation as a whole because they perceive its meaning in terms of long-term goals. The Proficient nurse learns from experience what typical events to expect in a given situation and how plans need to be modified in response to these events. The Proficient nurse can now recognize when the expected normal pictures does not materialize. This holistic understanding improves the Proficient nurse's decision making; it becomes less labored because the nurse now has a perspective on which of the many existing attributes and aspects in the present situation are the important ones.	
<b>Stage 5: The Expert</b>	
The Expert nurse has an intuitive grasp of each situation and zeroes in on the accurate region of the problem without wasteful consideration of a large range of unfruitful, alternative diagnoses and solutions. The Expert operates from a deep understanding of the total situation. His/her performance becomes fluid and flexible and highly proficient. Highly skilled analytic ability is necessary for those situations with which the nurse has had no previous experience.	

Benner, P. (1983). *From novice to expert: Excellence and power in clinical nursing practice*. Menlo Park: Addison-Wesley, pp. 13-34