



Program for Continuing Competency: Self-Assessment

Brief overview of you:

How many years have you practiced as a Paramedic?	
What is/are your current area(s) of practice?	
How many years have you practiced in this/these area(s)?	
Do you plan on changing your area of practice in the coming year? If so, to what area?	

Self-Assessment Document

To complete the self-assessment:

1. Review and reflect on each indicator listed below in this tool
2. Rate (in the right-hand column) the extent to which you meet the professional expectation it describes by using the following scale:

1. = I rarely meet the expectation of this indicator. (This might be a priority area of development for me, and I will consider making it a goal this PCC cycle).

2. = I sometimes meet the expectation of this indicator.

3. = I consistently meet the expectation of this indicator.

N/A = This does not pertain to my current practice area.

(Note: using the N/A option means the indicator is not normally within your scope of practice or scope of work.

Example: 2.4 - Demonstrating willingness to initiate and participate in research projects.

A registrant in the Emergency Medical Responder sub-register level would not have "initiating a research project" content included in the EMR education program, and so would not normally be expected to include initiating research in their professional practice. N/A would be an appropriate response to this indicator.)



Self-Assessment Tool (fillable format)

Name:	
Registration Number:	
PCC Cycle: (A PCC cycle runs from April 1-March 31 annually)	
Completion Date: (Date this self-assessment was completed)	

1: Professional and Practice Proficiency		Rating: 1, 2, 3, N/A
I demonstrate accountability for clinical and technical practice by:		
1.1	Applying understanding of foundational knowledge within the practice of paramedicine.	
1.2	Being knowledgeable about the effects, side effects, interactions and safe administration of medications in the provision of care.	
1.3	Applying foundational knowledge and evidence in informed practice including clinical and social sciences, leadership, management, health and social services and public safety systems.	
1.4	Applying and evaluating knowledge developed through experience, clinical analysis and research findings.	
1.5	Establishing and continuously developing critical and clinical judgment.	
1.6	Exhibiting proficiency in technical and psychomotor skills.	
1.7	Ensuring appropriate infection control standards are maintained.	

2: Professionalism		Rating: 1, 2, 3, N/A
I demonstrate accountability for professional practice by:		
2.1	Using clinical and professional judgement to ensure informed consent and informed refusal of care.	
2.2	Being accountable for the provision of care, advice provided, any failure to act, and any errors committed.	
2.3	Operating vehicles and equipment in a safe manner.	



2.4	Demonstrating willingness to initiate and participate in research projects.	
2.5	Ensuring knowledge of relevant legislation, regulations, code of ethics, standards of practice and understanding how to interpret and apply them to your practice of paramedicine.	
2.6	Initiating, maintaining and concluding the therapeutic paramedic client relationship.	
2.7	Maintaining documentation of client care and observations that are chronological, legible, clear, timely, accurate and concise.	

3. Pedagogical (Education) Practice		Rating: 1, 2, 3, N/A
In practice I:		
3.1	Provide professional preceptorship, mentorship, leadership and supervision to students and colleagues.	
3.2	Am accountable for documentation and communications completed by students and colleagues to ensure accuracy, clarity and timeliness.	
3.3	Share my knowledge and expertise that contributes to the improvement and advancement of the profession.	

4. Health and Social		Rating: 1, 2, 3, N/A
I improve health systems, social systems, and public safety by:		
4.1	Providing health education and promotion, health awareness and injury and disease prevention.	
4.2	Seeking feedback from stakeholders in the planning, delivery and evaluation of health care provided to ensure safe practice and public safety.	
4.3	Incorporating appropriate evidence for quality and safety improvements in health care and public safety.	
4.4	Supporting the client to learn and access appropriate health and social care in order to maintain or improve health.	
4.5	Supporting and engaging in health care and public safety research that supports improvements in achieving health.	
4.6	Participating in the development, maintenance, and improvement of system-wide approaches to all aspects of client care.	
4.7	Supporting and engaging the principals of collaborative care.	



5. Self-Regulation		Rating: 1, 2, 3, N/A
I maintain current knowledge related to the profession by:		
5.1	Maintaining current registration.	
5.2	Maintaining current knowledge related to the regulation of the profession.	
5.3	Supporting the mandate of the College of Paramedics of Manitoba to protect the public.	
5.4	Maintaining an informed position with respect to regulatory changes, which affect practice.	
5.5	Practicing within the professions legislated Scope of Practice.	
5.6	Participating in professional meetings and activities.	
5.7	Practicing within the Standards of Practice of the CPMB	

6. Continuing Competence		Rating: 1, 2, 3, N/A
I assume responsibility for attaining and maintaining competence relevant to own practice by:		
6.1	Demonstrating appropriate knowledge, skills and judgment related to my own practice.	
6.2	Demonstrating awareness of the changing trends in paramedic practice, health and society that impact practice.	
6.3	Demonstrate good stewardship of new graduates entering the profession	
6.4	Continually assessing my own competence to identify learning needs and opportunities for growth and development.	
6.5	Using reflective thought and feedback from others when assessing own practice.	
6.6	Providing feedback to others to support their professional development.	
6.7	Participating in the College of Paramedics of Manitoba Program for Continued Competence.	
6.8	Incorporating knowledge gained into practice.	
6.9	Maintaining a record of professional activities.	



7: Personal Health and Well-Being		Rating:
As I maintain my personal health and well-being I:		1, 2, 3, N/A
7.1	Appreciate the benefits of an exercise program	
7.2	Appreciate the benefits of having interests/hobbies/engaging with organizations that are not connected from my job	
7.3	Appreciate the benefits of maintaining social contacts with friends outside my workplace	
7.4	Familiarize myself with the CPMB Code of Ethics and the requirement to maintain mental and physical fitness to practice	
7.5	Appreciate the benefits of regularly taking time off	
7.6	Maintaining awareness and understanding of the signs and symptoms of stress related injury and illness and the resources available to address them	

Areas of strength that I have identified include: (Choose three Indicators you have assigned 3 to that you feel are most important)

Priority areas for development that I have identified include: (Indicators you have assigned 1 to)

The Indicators I have chosen (designated as my goals) and I will focus on for this PCC cycle