



# Continuing Competence Program Learning Plan

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|---|--|
| Year  | 2019   |
| Goal #  | Goal # 1 <input type="checkbox"/> Goal # 2 <input checked="" type="checkbox"/>   |
| Is this a projected or completed learning plan? | Completed <input checked="" type="checkbox"/> Projected <input type="checkbox"/> |
| CLPNM Registration #                            | 1234567  |

**Note: Before completing this template, be sure to consult pages 3 to 5 of the CCP Instruction Guide for learning plan criteria.**

How many years have you practised as an LPN?

13.0

What is/are your current area(s) of practice?

Long Term Care

How many years have you practised in this/these area(s)?

10

Do you plan on changing your area of practice in the coming year? If so, to what area?

No

Do you practice in Independent Practice?

[See here for a definition.](#)

Yes

No

## Goal

Describe a specific learning goal you have established for yourself.

To increase my knowledge, skill and ability to care for a client experiencing interdigital perineural fibroma (aka Morton's Neuroma) by August 2019.

## Planned Interventions

Describe the learning activities that you plan or planned to complete to meet your learning goal.

By August 2019 I plan to:

- Conduct self-directed research
- Discuss interdigital perineural fibroma complications with staff Podiatrist
- Review peer reviewed journal articles

**Complete and submit pages 1 to 4 if this is a completed learning plan.  
End here and submit only page 1 and 2 if this is a projected learning plan.**

## Completed Interventions

Describe, in detail, the learning activities you have completed to meet your goal.

Include specific information such as dates and locations of workshops and courses, and proper citations for articles or other publications.

1. January 28, 2019-reviewed a scholarly journal article:

Gougoulias, N., Lampridis, V., & Sakellariou, A. (2019). Morton's interdigital neuroma: instructional review. *EFORT Open Reviews*, 4(1), 14-24. Retrieved from <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6362341/>

2. May 15, 2019: Spoke with Dr. Amar Gupta

3. June 15, 2019-reviewed text book:

Lazenby, C. (2017). *Art & science of foot care: A clinical resource for nurses in Canada* (2nd ed.). Kingston, ON: Foot Care Kingston

4. August 10, 2019- reviewed scholarly journal article:

Flanagan, G., & Reilly, I. (2016). Longitudinal plantar approach for excision of interdigital perineural fibroma of the foot: A case series and literature. *Foot and Ankle Online Journal*, 9(1). Retrieved from <http://faoj.org/tag/interdigital-perineural-fibroma/>

## Impact on Practice

Describe, in detail, what you learned and how the learning has impacted, or will impact, your nursing practice. How has this learning enhanced your professional knowledge, skill and/or judgment? How have your clients been positively impacted by your learning?

With my broader knowledge, my ability to perform more in depth foot assessments has contributed to reducing the risk of clients developing interdigital perineural fibroma. I now recognize that interdigital perineural fibroma is the benign growth of nerve tissue, usually found between the third and fourth, or the second and third toes. It is the thickening of the outer coating of a nerve caused by irritation from two bones repeatedly rubbing together.

I am now able to recognize the signs and symptoms of this condition such as sharp burning pain in the ball of the foot, toes may sting or burn, feeling of numbness or tingling to feet and toe, feeling as if a pebble is in their shoe. Also, palpating in between the toes to check for pain symptoms has become part of my foot assessment.

I have also learned that possible causes of interdigital perineural fibroma are: wearing ill fitting shoes or high heel shoes, certain sports such as high impact sports or sports that require tight fitting shoes such as rock climbing, foot deformities such as bunions, hammertoes or high arches. Many of my clients are prone to this condition due to foot deformities and ill fitting shoes. Diagnosis can be made by a thorough clinical examination, x-rays, symptoms presented, and ultrasound or MRI. I have shared my knowledge with the interdisciplinary team so that this condition can be recognized early, which has led to quicker diagnosis.

I have learned and also shared with my peers the treatments for this condition. Treatments include arch supports, foot pads, shoe inserts, injections, decompression surgery, and removal of the nerve. There are also non-invasive treatments such as a changing of footwear, ice massages, and reducing activities such as jogging or aerobics. Medications such as ibuprofen or naproxen may also be used to reduce inflammation.

This knowledge has also reduced my clients' risks of having invasive treatment because I now better understand when to reach out to colleagues, such as nurses who provide foot care, staff physicians, and/or podiatrists, as resources for non-invasive treatments first. I have also implemented a monthly "healthy foot check" for our clients who have foot deformities and have shared this with my peers.

### Impact on Practice (continued)

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### Evaluation of Learning

Please evaluate your experience developing and carrying out this learning plan.

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| I now feel more confident that my nursing practice is consistent with current evidence. | ✓ |
| I now feel more confident about my ability to find evidence-based resources             | ✓ |
| I discovered research resources or continuing education options I didn't know about.    |   |
| I shared my new knowledge with colleagues and clients.                                  | ✓ |
| I received positive feedback on my learning from clients, colleagues, and/or managers.  | ✓ |
| I identified topics for further learning in the future.                                 | ✓ |
| Other (specify)   |   |