



Learning to be a reflective practitioner includes not only acquiring knowledge and skills, but also the ability to establish a link between theory and practice, providing a rationale for actions. Reflective practice is the link between theory and practice and a powerful means of using theory to inform practice thus promoting evidence based practice.” (Tsingos et al., 2014)

Using the Reflective Practice template, document each step. The suggestions in the boxes may help you as you reflect on the incident. This Reflective Practice document will be reviewed by faculty and then you will post the final reflection in your LiveBinder folder.

<p>Step 1 Description This week I have been quarantined with the coronavirus. I tested positive on December 27th. I received the vaccine on Monday the 23rd and began experiencing symptoms the next day. I thought it was just a side effect of the vaccine, but the symptoms persisted and then on the 26th, I lost my senses of taste and smell. I had been around my daughter and my family on Christmas. Thankfully, no one that was around me has developed symptoms.</p>	<p>Step 4 Analysis Things that I have learned while in school helped quite a bit during this time. I used what I knew about sanitization procedures and the spread of disease to help mitigate the chances of the members of my household from contracting this. I did breathing exercises that I had learned, and I think that helped with clearing my airways as there was a lot to cough up after I did them! I know that a lot of people are not as fortunate with their experiences as I was and that makes this experience so much more terrifying.</p>
<p>Step 2 Feelings At first, I really thought that it was a side effect of the vaccine and then maybe a sinus infection. I was mostly focused on how terribly I felt with my moderately-severe symptoms. Once I lost my taste and smell I knew that it was more than a sinus infection and it was a very scary realization. I have been trying to be responsible during the pandemic and my feelings of fear turned into guilt that I had potentially exposed my family. I was very thankful that, in the end, they experienced no symptoms. I think it is also important to note that I still feel afraid given that there are reports/speculation of lasting effects of the virus on the body even after recovery.</p>	<p>Step 5 Conclusion I have often wondered when I contracted the virus and if there was anything that I could have done better to reduce my risk of getting it. I also am more aware of being around people, even my family, now because they could have easily been affected by my exposure. I have learned that even though we are growing more desensitized to this pandemic every day, it is so important that we continue to be diligent in our safety precautions.</p>
<p>Step 3 Evaluation I suppose that experiencing the virus firsthand may have been good as a learning experience to affect the way that I approach and relate to patients with similar conditions. It was bad that my health and that of my families was put at risk. I am still experiencing some difficulties with chest congestion in regard to the virus and don't feel as well as I did prior to contracting it. I took the quarantine very seriously as did my family members who were exposed. I expected the outcome to be a full recovery and was fortunate to have that met.</p>	<p>Step 6 Action Plan I feel truly fortunate to be on the other side of the situation now and to be without any real damage. In hindsight, there are times that I probably should have stayed home and not gone out unless necessary. I can now use this knowledge to do better next time and to help educate those who have not experienced it. I think that experiencing this firsthand will make me a better nurse because of the things I learned, both medically and emotionally, during this situation.</p>

