

Use this template to complete the Reflective Practice documentation. Do not exceed the space in each box. Any information not visible to you is lost.

<p>Step 1 Description</p> <p>Yesterday I was having a bit of a stomachache. Since the night before my stomach was not all great, I think it was something I ate. My stomach was hurting a little the night before and in morning as I prepared to go to clinical. As I arrived at the hospital, I felt a little better so I did not pay much attention to it but as the morning went by the pain would come and go. Thankfully it was not too bad and the morning was so busy that it kept me distracted. However, it got me thinking about the kind of care I would provide to my patients if I would have felt worse and kept on doing what I had to do. I realized that I would have not been providing the care I should, and it would not be fair for my patients or myself.</p>	<p>Step 4 Analysis</p> <p>I think that this situation made me realize a couple of things. First of all, I think that the broader issue here is the quality of work and care I would have given to my patients, safety should always be at the top of the list. Being sick and not being able to fully concentrate would put my patients at risk. According to Nurse.org, working sick makes you less productive and also puts significant risk on your patients and colleagues for being exposed to the illness (Soyeon Kim, 2017).</p>
<p>Step 2 Feelings</p> <p>At first, I was thinking that I should just toughen up and try to go with my day as normal as possible. However, the more I thought about it, I started thinking that if I started feeling worse it was my duty to let others how I was feeling. The pain did not get any worse, but I did take some Alka-Seltzer before lunch time. My pain was not so bad that it would distract me, but it did make me think about how I would have to react if I was feeling worse. It made me think about what others do when they are feeling sick. There is a certain amount of pressure that I think makes people not say anything when they are feeling sick in order not to bother others.</p>	<p>Step 5 Conclusion</p> <p>I could probably have made the situation better if I started feeling worse by letting my professor know about my situation prior to going to clinical. I could have contacted my advisor instead of showing up sick and getting the risk of getting sicker or affecting others. In this case it was only a mild pain that went away, but it serves as a lesson for future events and what to think or do if I ever get sick again in the future.</p>
<p>Step 3 Evaluation</p> <p>It is difficult to accept that sometimes we are in no condition to stay in clinical or at work. Luckily my stomachache did progress, but I did think that I would be making a mistake if I was worse and I tried to stay. To be honest, in my mind I saw a different outcome. I was scared I would feel worse and I would force myself to stay and do what I had to do but now that I look back it was probably a bad rational. The fact that I felt better once I was on the floor makes me feel better.</p>	<p>Step 6 Action Plan</p> <p>Next time, I will relate the situation to my instructors or superiors and have them help me come with a resolution plan. Sometimes you just have to admit when you are not fully capable to perform your duties in a productive and safety manner.</p>