

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 The weekend before thanksgiving, we found out my in-laws tested positive for COVID. During the week of thanksgiving, my husband and I continued to test with at-home antigen tests and tried to take every precaution to keep our other side of the family safe. The night before the beginning of this module, we tested to make sure we were still in the clear. My result was negative, but my husband's test was positive. I immediately reached out to Mrs. Timmerman, and she guided me through what next steps to take. We decided that the best way to handle the situation was to isolate my 16-month-old daughter and me from my husband. Neither my daughter nor I have experienced any symptoms through all of this, and my husband got a negative test result on Sunday the fifth. Thankfully, he was able to get an antibody infusion and never felt sick.</p>	<p>Step 4 Analysis I think a lot of people have had similar experiences, and I am so sad for everyone who has had to go through it. It is such a lonely, guilty feeling. In a way, I am grateful to have experienced it so that I can better relate to others who have had to go through it.</p>
<p>Step 2 Feelings I was so devastated to see that positive test result. I was so excited to start a new module and felt like I was going to miss so much by starting the module at home. I have also felt so overwhelmed during this quarantine. While I am so thankful for online lecture and being able to be involved, it is nearly impossible to listen for more than 10 minutes at a time with a stir-crazy toddler. And since my husband cannot be around us to help with her, I have missed most of lecture every day. My main feeling from this is anxiety. I am so nervous that I am missing things and falling behind.</p>	<p>Step 5 Conclusion My husband and I both have our first COVID vaccine and looking back I wish we would have been more vigilant to get our 2nd vaccine as soon as we were able to. I can't say that he wouldn't have gotten it, but we should have taken every precaution we could have.</p>
<p>Step 3 Evaluation I think the only good thing that came from this experience is the extra time I have gotten to spend with my daughter. I have felt so stir-crazy, so isolated, and so sad for my husband having to be all by himself for so long.</p>	<p>Step 6 Action Plan My main thought during this experience was that I could not wait for it to be over. I learned a few lessons during this time. First, I realized that single mothers are superheroes. Just this temporary time without my husband's help made me want to pull my hair out. Second, it showed me just how isolated patients in the hospital with COVID must feel; I truly cannot imagine how much of a toll it takes on them. Lastly, I learned that we (my family) need to be more cautious when it comes to COVID. We will get our second vaccine as soon as we can.</p>