

SELF REFLECTION JOURNAL FOR TRIAGE DAY

TRIAGE DAY JOURNAL/SELF REFLECTION

Initial Stage

1. How did that experience (participation in the virtual disaster) feel?

Participating in the virtual disaster I got an adrenaline rush, so I can't image what I would feel like to be in a real lie situation. But it was set up as an escape room, which was enjoyable. I felt like this virtual disaster made you use a lot of critical on the go thinking.

2. What can you tell me about what you were thinking while participating in this virtual simulation?

During the simulation I was thinking I am so very grateful that I have never had to experience a disaster like this. It made think and what was going through those people's minds who experienced and were in this disaster. My thoughts keep thinking how sicking the feel would be to have to make life or death decisions on the spot.

3. After reviewing the Moral Distress presentation recording or report, how did you feel about the subject?

I couldn't believe that people exactly experienced anything like that. I was three years old at the time that hurricane Katerina hit, and I have heard about any of the conditions or situations that it brought.

4. What were your strengths during the virtual simulation? Your weaknesses?

I believe that my strengths were, I was not afraid to speak my thoughts that were on my mind. I know that this wasn't a real-life situation, but I was only thinking about the patients. My weakness was that that is a very stressful situation where it was real difficulty for me to think fast, thinking critically, and safely. But I think I didn't do too bad of a job.

Experience Stage

1. What was the rationale for what was done, and the interventions performed?

I think that the group had similar thoughts on how to organize the situation as well as similar interventions. For example, the group all had the same idea to tape the patients on the board instead of writing because we all believed that it would be more efficient.

2. Did you note any safety issues with the patients or the environment?

It is hard to provide examples because the virtual disaster was more like an escape room and didn't have much safe risk involved. But in the story line some safety issues are that the power was out so people on vents either died or had to be manually vented. The power also being out caused it to be extremely hot causing patients to suffer from heat exhaustion.

3. How might personal beliefs, prejudices, and values have influenced your decision-making in the learning activities?

My personal beliefs might have influenced my decisions by wanting to save everybody or saving children first.

4. Were you working as a team to care for victims during this disaster simulation?

Yes, I believe the team worked together to care for the victims. We all communicated to make decisions and we even ran together majority of the time when not everyone had to run.

5. Is teamwork important during disaster management?

Yes, teamwork is important to have during a disaster because it allows effective communication, safety, and outcomes.

6. Did you note any barriers/facilitators to communicating/working with other professions during the simulation?

I did not note to many barriers to communication/working with the team. The only thing that I noted was we had different opinions on some situations. But we talked it out and came up with a solution together.

7. After reviewing the Ethical Practice, Legal Practice, and Accountability as well as the Communication and Information Sharing Competencies categories from the ICN Framework (http://www.wpro.who.int/hrh/documents/icn_framework.pdf), did you feel, from the Fort McMurray-Moral Distress interviews, that any or all of these competencies were met?

No

Application Stage

1. How could or would you use this information in an actual disaster?

I would use my critical thinking. As well as knowing out to triage patients as a black, red, yellow, or green tag. I would also remind myself that you can only do your best.

2. What knowledge, skills, or attitudes displayed in this virtual simulation would be useful in an actual disaster?

Critical thinking, nursing skills, ethics, empathy, and understanding.

3. What are the key differences in patient triage in a disaster situation versus day-to-day operations?

The difference is that in a disaster situation you are thinking about who can I save. On a day-to-day bases you are helping everyone who walks through that door and helping them as much as you can.

4. How will these simulations influence your role as a health care practitioner?

I will use my critical thinking. I will also be mindful of different resources that I could possibly have to end up using in case of emergencies. I also will know how to triage patients.

5. What did you learn about the roles of other health care providers in the context of disaster management?

I learned that nurses run the show still in disasters. Providers give orders still but give the nurses a lot of freedom and responsibility.

6. Think about disaster planning and the nursing process – are there similarities?

Yes, because we are assessing the situation and developing a plan, and then evaluating the plan.

7. Why would nurses be excellent personnel to be involved in disaster management?

Nurses are very intelligent and know how to use critical thinking. Nurses are caring and empathetic but know how to make hard decisions for the best. Nurses will stick with you till the end and not abandon the situation/people.

8. What societal factors or health care policies might impact actions taken during a disaster?

Ethical/legal issues. Someone might not want to be doing something or perform a task due to the risk of consequences or being sued.

Summary Stage

1. What is one thing you can take away from this debriefing that you can use tomorrow in practice?

There will be times and situations where you are going to have to use critical thinking fast to make decisions. There will be times you are going to have to make really hard decisions, but remember they are for the best.