

SELF REFLECTION JOURNAL FOR TRIAGE DAY

TRIAGE DAY JOURNAL/SELF REFLECTION

Initial Stage

1. How did that experience (participation in the virtual disaster) feel?
2. What can you tell me about what you were thinking while participating in this virtual simulation?
3. After reviewing the Moral Distress presentation recording or report, how did you feel about the subject?
4. What were your strengths during the virtual simulation? Your weaknesses?

Experience Stage

1. What was the rationale for what was done and the interventions performed?
2. Did you note any safety issues with the patients or the environment?
3. How might personal beliefs, prejudices, and values have influenced your decision-making in the learning activities?
4. Were you working as a team to care for victims during this disaster simulation?
5. Is teamwork important during disaster management?
6. Did you note any barriers/facilitators to communicating/working with other professions during the simulation?
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?

Application Stage

1. How could or would you use this information in an actual disaster?
2. What knowledge, skills, or attitudes displayed in this virtual simulation would be useful in an actual disaster?
3. What are the key differences in patient triage in a disaster situation versus day-to-day operations?
4. How will these simulations influence your role as a health care practitioner?
5. What did you learn about the roles of other health care providers in the context of disaster management?
6. Think about disaster planning and the nursing process – are there similarities?
7. Why would nurses be excellent personnel to be involved in disaster management?
8. What societal factors or health care policies might impact actions taken during a disaster?

Summary Stage

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