

Concept Synthesis
Clinical Makeup Assignment
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1. What were the main takeaways for the COVID-19 webinars?

One central aspect of the COVID-19 webinars is the importance of a team and collaborative effort during this uncertain time. The first speaker also emphasizes on taking responsibility and remaining ethical. On the first webinar, the speaker states it is essential for healthcare workers to take breaks, have adequate personal protective equipment, and appropriate staffing. Another topic of discussion is the moral distress experienced by healthcare professionals.

2. What were the main takeaways for the NCLEX test-taking strategies webinar?

The online NCLEX test-taking strategies webinar is the one I liked the most. The speaker was very informative and knowledgeable on the subject. She offered many strategies that I will implement when taking my exam. Some examples include reading the question carefully, using the process of elimination, and using what you do know to assist you with what you might not know.

3. What do you think you learned from these webinars?

I genuinely feel like I learned a lot from these online webinars and enjoyed listening to them. The one that interested me the most was the COVID-19 discussion. I find learning new information about this new disease very intriguing. In the first webinar, the second speaker discusses the uniqueness of COVID-19. A few examples include the unknown information regarding the novel virus, newly exposed flaws in the health care system and gaps in society, and the level of economic disruption that has occurred.

4. What has been most challenging for you personally during this time related to COVID-19?

I have struggled with the stay at home order while being an essential worker. It is especially scary being a parent during this time. I want to remain working and providing quality care to my patients, but do not wish to transmit the virus to my children. I have also struggled with time management during this pandemic. I am not used to my children being home while I am trying to study for exams and complete schoolwork. I have had to balance my school life and home life equally.

5. What surprised me about what I learned?

One surprising thing that I heard in the COVID-19 webinars includes the idea of saving ventilators for healthcare workers in case they fall ill. The speaker believes doing this would boost morale. I think this is a good idea and would lessen the fear of some healthcare personnel. Also, I was very surprised about what I learned on the NCLEX test-taking strategies webinar. The speaker introduced study strategies that I have never thought to use before. Examples include using prefixes and suffixes to determine what the topic is, utilizing numbers to determine the normal ranges, and choosing an option that it is in the same body system or health condition as the medication. An example includes choosing bradycardia as an adverse effect of a beta-blocker. The other options were not related to the cardiovascular system. I will likely use these recommendations when studying for my boards.