**Student statement:** By submitting this reflection, I am acknowledging that it is my own work. Comments are my own and have not been used in any previous work (inside or outside the institution). I have followed the rules outlined by my instructor and am compliant with the University of Windsor, St. Clair College, and/or Lambton College Academic Integrity Policy.

Student Name: Student Number: Date:

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| **Category** | **Satisfactory** | **Unsatisfactory** | **Student Reflection (must be typed)** |
| **Look Back**  **(L)** | * Identifies **ONE** relevant clinical event/experience/ learning opportunity that was significant/impactful in one or two sentences. * Describes this **ONE** clinical event so that the reader can gain an understanding of what occurred. * Provides opinion/idea/perspective and feelings related to own. role/actions/performance in this clinical experience. | * Does not provide a clear and succinct description of ONE clinical event, experience or learning opportunity. * Does not provide own feelings related to the clinical experience. * Identified event, experience, or learning opportunity is not relevant to clinical practice. | - One clinical instance involved treating an infant with RSV who was 8 months old. It made an impression on me because it demonstrated the harm that RSV, or any respiratory infection for that matter, can inflict to kids.  -Due to the respiratory infection, the 8-month-old baby who was admitted with RSV was experiencing severe respiratory distress.  - Sincere to the best of my ability, I observed how the collaborative team handled the child's care plan. More people need to be on the same page and attempt to put the patient's needs above their own sentiments, in my opinion. The actions conducted, in my opinion, were acceptable, but I believe that more intense care measures had to have been implemented. |
| **Examine Experience**  **(E)** | * Selects a scholarly article that relates to this clinical experience (may use a CNO standard or BPG in addition to article, but not in lieu of an article). * Briefly summarizes key ideas/findings of the article. * Compares/contrasts own ideas/thoughts with those expressed by the author(s) with explanation. | * Does not incorporate a scholarly article. * Summary of the key ideas/findings of the article are not included.      * No explanation of the author’s ideas/thoughts compared/contrasted with own. | - The academic article I selected discusses PCR testing for RSV in emergency rooms and how it affects clinical patient treatment.  - According to this study, the PCR test for RSV in emergency departments had a 100% accuracy rate when testing patients, which aided with isolation management, shielding patients from the virus, and providing quicker results within 30 minutes.  - Even though this article isn't specifically about my situation, I believe that hospitals should use this general primary care model when caring for children who have RSV. This might stop the disease from spreading and could perhaps keep the children from going to the hospital. I believe that the rapid results also make it possible to swiftly implement an isolation status and begin treating the virus before serious consequences like the ones I experienced do. The child I was caring for might have received this as a preventative measure before she experienced respiratory distress. |
| **Appraise**  **and**  **Analyse**  **(A)** | * Discusses at least **two** other people’s ideas/opinions/ perspectives that should be considered related to this clinical event (how might they feel: e.g. client, peer, family, other discipline, etc.).   **\*\***A reflection graded as ***excellent would also include the following:***   * Examines perspectives surrounding this event at the level of nursing in general, and/or society in general (e.g. impact on health care system/nursing profession, political, financial, cultural influences on Canadians). * Identifies how the event/situation challenged own perspective(s) and status quo (usual way of doing things). * Poses questions that should be considered due to their significance to nursing practice. | * No other perspectives are discussed. * Only one other perspective is discussed | - When a mother brings in a sick child and tries to treat it, but at first nothing seems to be working, it may be difficult for the mother. It may also be frustrating for the mother to have to wait so long for results when her child is in respiratory distress.  - I think it quite unethical for the care team to be unable to agree on how to treat the child in this situation, especially given that the youngster is experiencing these issues. A decision should have been made about immediate action. Teamwork is vitally essential when working in a healthcare environment, especially in this case.  - Professionalism and collaboration in nursing would be perspectives around this occurrence. Nursing is a team effort, thus treating patients as such requires the participation of the entire medical staff. People in this industry must set aside their egos and put the patient's needs before their own. This occurs far too frequently, and I believe certain nurses should place a higher priority on patient care than fraternization. I believe this may also be related to the nursing culture on that floor and the way some nurses interact with each other and other healthcare professionals.  - This challenges my own perspective since I strive to put the patient first and I think that as a nurse you can learn from those around you while also adding your own perspective and knowledge to what should be a homogenized blend of knowledge rather than push and pull.  - What factors influence nursing cultures on various floors?  - Why do experienced nurses lose motivation?  - How can we prevent burnout in nurses? |
| **Research**  **and**  **Revision**  **(R)** | * Provides summary of learning from this clinical experience and from the article findings. * Identifies what they could have done differently in this clinical experience. | * Summary not provided * Does not identify what they could have changed about their own role/actions/performance in this clinical experience. | - I've learned from this clinical experience to prioritize the patient and collaborate with the other members of your team. Additionally, I now know that RSV can be treated as a preventative measure before it progresses to more serious phases of the sickness. Additionally, if discovered early on, antiviral medication may be used.  - I could have handled this scenario better if I had been more proactive and asked the nurse if there was anything I could do to assist her relax. |
| **New Perspective**  **(N)** | * Incorporates specific examples of how this new/enhanced knowledge will be implemented into future practice as a nurse. * Identifies a nursing resource(s) that will assist to develop this aspect of practice (e.g. identify a specific nursing textbook etc.). | * No specific examples for implementation into future practice are incorporated. * Does not identify a nursing resource to assist with learning | - Knowing this new information, I want to keep it in mind as I continue my nursing profession, bearing in mind that experienced nurses may become burned out and exhibit certain unfavorable reactions to circumstances. I want to try to remember this, keep my head on straight, stay focused, and make time for my mental health so that I can go to work in a positive frame of mind.  - Perhaps talking to a psychiatrist about keeping my emotions in check might be a nursing resource that would help me go ahead. attempting to contact hotlines, doctors, apps, books, and other mental health resources. |
| **Concept Identification** | * Identifies and describes key curricular concepts that influence the experience (minimum one in 1st year; two in 2nd year; three in 3rd year; minimum four in 4th year)   (critical thinking, know-based practice, evidence informed decision-making, health, teaching & learning, professional practice, communication, leadership, collaboration, safety, person family centered care, and informatics) | * Does not identify and/or describe related curricular concepts that relate to the experience/reflection. | - Since it involves a greater ethical and communicational conundrum as well as a mental health concern, I believe this is a third-year learning skill. I believe that nursing burnout is under-discussed in real life, and that organizations and companies don't provide their employees with enough time off or resources to recover from the stress of their work. |
| **References and APA Format** | * Scholarly article(s) and any additional resources (CNO, BPG) correctly cited in reflection in APA format. * Title page in correct APA format * Reference in correct APA format | * Incorrect APA format throughout reflection * Incorrect APA format on title page * Incorrect APA format for article(s) and/or other sources. | **Student Reference(s) in APA Format:**  - Yin N;Van Nuffelen M;Bartiaux M;Préseau T;Roggen I;Delaunoy S;Mahadeb B;Dahma H;Busson L;Vandenberg O;Hallin M; (n.d.). *Clinical impact of the rapid molecular detection of RSV and influenza A and B viruses in the emergency department*. PloS one. https://pubmed.ncbi.nlm.nih.gov/36054246/ |
| **Grade:** | **□ Satisfactory □ Excellent** | **□ Unsatisfactory** |  |
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