

WEEK 4: SUPPORTING CARE TEAMS AND PATIENTS WITH COVID-19



FINDING PURPOSE THROUGH COVID-19

REFLECTION

Reflect on the moments as a clinician or care team member that sit in your memory as, “this is why I do this...” What made these moments special to you? How did you feel in these moments? How can you draw from these memories to find strength and encouragement in the face of adversity?

Reflect on what you have faced during the COVID-19 pandemic. What new stories have come from these last weeks? Is there a positive interaction that will be etched in your memory for years to come?



PERSONAL STORY: CLOSE TO THE HEART

REFLECTION

Reflect on some of your most difficult times as a clinician or care team member. How did you feel as you went through these difficult situations? How did you respond to your patient? What were the positive effects you may have experienced after these situations passed? What did you learn about yourself?

Reflect on the action of providing hope to your patients and their families. How do you do this? What do you normally say? How well does your care team do this? Can you think of a time where providing hope was especially impactful to you?



PERSONAL STORY: UNEXPECTED REWARDS

REFLECTION

Reflect on your greatest challenge in your clinical life. What was the situation? How did you feel having to face this difficult challenge? Who were you able to lean on? What did you learn about yourself from facing this challenge? How did you become a better clinician or care team member as a result of facing this situation?

Reflect on how you cope with difficult situations. In what ways have you been able to decompress after these hard challenges? How are you able to manage the stress and fatigue? Does your team have a productive way of sharing these difficult situations with one another? How does your team offer support to someone who may be struggling?