Write an 500 word essay addressing each of the following points/questions.

Be sure to completely answer all the questions for each bullet point. Separate each section in your paper with a clear heading that allows your professor

to know which bullet you are addressing in that section of your paper. Support your ideas with at least two (2)

sources in your essay. Make sure to reference the citations using the APA writing style for the essay. The cover page

and reference page do not count towards the minimum word amount. Review the rubric criteria for this assignment.

Overview

As nurses, we all have had a case that defined you as a nurse. This is usually a case with a bad or potential bad outcome.

How has this case affected you and your practice? How do you deal with stress?

Stress affects all body systems and can make you quite ill. As nurses, we want to take care of our patients, but do

we actually take care of ourselves?

Describe the case that you experienced that defined you as a nurse.

-What happened, how were you involved?

-How does this case still affect you and your practice?

-What steps have you taken to overcome the stress of this event? (Remember to protect patient privacy).

Explain the importance of debriefings.

-If a debriefing would happen in your workplace who would be involved, what would be discussed, who would lead

the debriefing, where would it take place?