

Description

Words of Wisdom

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The frontline

I discontinued clinical practice a few days before we were officially advised to withdraw by our university, as my extreme hay fever was making me feel very unwell. The main concern was that since hospitals are the frontline in the fight against the novel coronavirus; the potential for us to be exposed to the virus and to pass it onto our family members was increased. Although most of my colleagues decided to follow our university's advice and stopped attending clinical practice, the limited information we received at the beginning of the crisis, prompted some members of my cohort to continue with their clinical placements. Moreover, some students were also maternity support workers (MSWs), so they continued to work shifts within this capacity.

Getting focused



The following week, however, we were advised by our university *not* to attend any further clinical practice. The university advised its first-year midwifery students to continue their academic assignments and that became my focus. I reached out to my favourite lecturer to seek advice on books that could help further my learning, and I was told to purchase the PROMPT obstetric practical learning manual, which has been a great help in preparing me for year 2 of my studies.



I have also prioritised my individual assignments and aim to complete them ahead of their deadlines; they include an antenatal workbook, drug calculations and 200 hours of e-learning. Group projects present their own challenges now that lockdown is in full effect, and we have participated in virtual meetings in order to finalise arrangements for an upcoming presentation about domestic violence. Domestic violence has become a particularly pertinent issue during this pandemic: during my research for the presentation, I came across multiple articles about increasing rates of domestic violence during the quarantine.

Waiting for information

Multiple Zoom meetings have been organised to provide a platform for us to touch base with our lecturers and discuss our concerns. Overall, communication from the university has been great, but in reality, there is not much information for them to share with us at this time. Once further governmental guidance is given to the Nursing and Midwifery Council (NMC), our university will update us as to how the NMC's emergency standards will affect us, ergo, we've effectively become reactionary rather than proactive. Although we are in the first year of our midwifery training, we will begin some year 2 modules in June to ensure that we are able to spend more time in practice during year 2, to compensate for the [illegible]nd I am required to make these up in my 2nd



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Throughout this time, it is important to remain positive and to use our time wisely. I've decided to engage in activities that I previously would have been unable to due to the time I typically spend in clinical practice. I've been cooking more than ever and trying recipes that I have not tried before. I have been doing a lot of reading and I'm currently reading 'Purple Hibiscus' by Chimamanda Adichie — one of my favourite authors. In general, midwifery students such as myself feel the need to support each other and contribute to the fight against Covid-19 in whatever ways we can. There is a collective sense of guilt amongst some of the students that are unable to participate in practice, but I have come to the realisation that you do not have to be on the frontline to show support: reaching out to colleagues and friends to encourage them and ask how they and their families are coping, are good ways to show support.

Category

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