

Panic Zone Activity

PANIC ZONE TABLE

Comfort Zone				Neutral Zone			Panic Zone			
0	1	2	3	4	5	6	7	8	9	10

- Speaking in front of people - 7
- Teaching other nurses - 4
- Teaching patients or family members – 1
- Performing in a nursing leadership role such as a committee chairperson - 6
- Performing in a nursing leadership role such as a unit manager - 9
- Leading a group of nurses to make an important change in your workplace – 6
- Providing nursing care to adults and seniors - 1
- Providing nursing care to babies and children - 6
- Performing new clinical skills (such as NG tube management, Trach care and suctioning, administering Blood products or TPN) – 5
- Working closely and collaboratively with other interprofessional disciplines: physicians, pharmacists, dieticians, occupational therapists, physiotherapists, social workers etc. - 2
- Participating in Code Blues or other emergency situations – 8
- Practicing conflict resolution skills – 4
- Practicing community health nursing in a developing country - 4
- Writing scholarly papers - 1
- Sitting on an ethics committee - 2

I scored speaking in front of people as a 7 because I have always hated public speaking, however when I am confident in what I am talking about, or it is a group discussion I am leading, I find this more comfortable and more neutral.

I have not participated in a Code Blue but I have participated in a Code Pink (Neonatal Emergency). I felt slightly overwhelmed in this situation because it was my first day off of orientation and it was my patient, however I feel it significantly prepared me and I learned a lot. I scored this section a 8 because I do not have a lot of experience in emergency situations and feel as if I need to observe or have 'less' significant roles so I can understand what is expected of me in a more significant role.

I have scored practicing community health nursing in a developing country as a 4 because I do have a little bit of experience in health education in Bali, Indonesia - which is a developing country. I went on a volunteer trip to Bali for over a month and spent time providing health education to the smaller, poverish areas inland whom don't have access or understand basic health practices.