

# STATEMENT REGARDING SELF-CARE REQUIRED FOR HEALTH CARE PRACTICE

## SCHOOL OF NURSING OKLAHOMA BAPTIST UNIVERSITY

### Statement Regarding Infectious Disease and Injury

The practice of providing health care presents some risk. These include, but are not limited to:

- Exposure to infectious disease through blood, body fluids, droplet or air-borne transmission
- Exposure to offensive, inappropriate or dangerous patients or clients which may potentially cause injury
- Exposure to psychologically, socially and morally challenging situations
- Exposure to radiation
- Exposure to hazardous chemicals
- Risk of physical injury, such as back injury, etc.

It is important that individuals choosing careers in which they will provide health care to others enter the profession aware of the risk and prepared to practice necessary personal self-care strategies.

Required clinical experiences are a component of the academic programs in the School of Nursing. These experiences allow students to develop clinical reasoning skills and practice skills learned in class and lab. Sites selected for student experiences will take reasonable measures to protect students' health and safety. The School of Nursing will provide training related to potential hazards and prevention techniques. Even with such measures, there are risks inherent to clinical experiences that cannot be eliminated.

### Statement Regarding COVID-19

Adults of any age who have underlying medical conditions like heart or lung disease or diabetes and who have experienced systemic health and social inequities can be more likely to develop serious complications from COVID-19 illness ([CDC](#), retrieved 2.15.22)

Take every day preventative steps ([CDC](#), retrieved 2.15.22)

1. Get fully vaccinated and stay up to date on vaccines
2. Wear a mask
3. Stay 6 feet away from others
4. Avoid poorly ventilated spaces and crowds
5. Test to prevent spread to others
6. Wash your hands frequently.
7. Cover coughs and sneezes with a tissue, then throw tissue in the trash and wash your hands
8. Clean and disinfect high touch surfaces
9. Monitor your health daily
10. Follow quarantine and isolation recommendations
11. Take precautions when you travel

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12. Be prepared if your child's school or childcare facility is temporarily dismissed or for potential changes at your workplace.

**Watch for symptoms (CDC, 2022)**

People with COVID-19 have had a wide range of symptoms reported ranging from mild symptoms to severe illness. Symptoms may appear 2-14 days after exposure to the virus. People with these symptoms or combinations of symptoms may have COVID-19:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

[Children](#) have similar symptoms to adults and generally have mild illness. This list is not all inclusive. Please consult your medical provider for any other symptoms that are severe or concerning to you (CDC, 2022).

Nursing students are required to sign the following Statement of Intent to Participate to be kept in their School of Nursing files.

**Oklahoma Baptist University Clinical Policy**

1. Students must follow the policy for nurses and other care providers regarding wearing protective gear at all clinical sites.
2. Students must take temperature before leaving home and before entering the clinical setting. The CDC defines a fever of 100.4 degrees Fahrenheit or higher. If fever is noted, do not report to clinical site and contact your faculty member. CDC guidelines will be followed for your return to clinical.
3. Students must adhere to all facility policies and protocols, including any policy regarding patient and provider safety. This extends to policies regarding COVID vaccines.
4. Students must take all measures to reduce the spread of infectious disease, including COVID-19.

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**Statement of Intent to Participate**

If you are considered high risk for infectious disease, it is recommended that you DO NOT enter clinical practice at this time.

If you feel uneasy about entering the clinical setting, you may withdraw or take an incomplete for a clinical course. You should contact the faculty and your advisor to develop a plan for resuming clinical experiences in the future.

**Please check the appropriate box and sign this consent form.**

- I **will** participate in clinical experiences. I have read and understand the Statement Regarding Self-Care Required for Health Care Practice. I have participated in a review of safe use of personal protective gear and hand washing. I understand the risks associated with participating in clinical experiences and I assume all risks associated with doing so. I understand and agree that Oklahoma Baptist University is not responsible for infection/injury that may occur in a clinical setting. I therefore RELEASE and DISCHARGE OBU, its trustees, officers, employees, volunteers, representatives, insurers, attorneys, and/or agents from any and all claims, liability, or causes of action for damages, known or unknown, arising out of or related to infection/injury that may occur in a clinical setting. I will adhere to the policies of each clinical agency and of the Oklahoma Baptist University School of Nursing.
- I **will not** be participating in clinical experiences at this time. I will contact the faculty and my academic advisor to coordinate a plan for future clinical experiences.

**Student's Signature:** \_\_\_\_\_

**Student's Name:** \_\_\_\_\_ **Date:** \_\_\_\_\_