

LIVEWELL NURSING

NURSE'S NOTES

Denise Foster, CNO



"Never underestimate the difference YOU can make in the lives of others..."

— Pablo

I want my last newsletter to be something meaningful. It is hard to consider that after 42 years of being a nurse, I will find myself being a retiree. Even though I long ago hung up my scrubs and stethoscope, I have always identified myself as a nurse first. I love that I choose this noble profession and will continue to advocate for nurses and the people who need nursing care. So, with that, I offer a few pearls of wisdom that have helped me survive and even thrive during many difficult times.

First, know your stuff. Stay informed by being engaged and show up prepared to participate. Be a seeker of knowledge, a lifelong learner, and continue asking questions and pursuing answers. Speak truth to power and do so respectfully and with organizational acumen. Organizational acumen is correctly reading the environment and making sound decisions based on what is happening. Always align with the mission and values. If you cannot resonate with the mission and values of an organization, it is hard to find meaning in your work. And it is more likely you will experience moral distress and burnout.

Be impeccable with your word. Use truth and facts to make your point. If you feel compelled to embellish a story to make it powerful, perhaps you do not have a credible point. Avoid conjecture and assigning intention. It rarely helps and usually creates unnecessary drama. And who needs more drama?

Learn to say no and do so in a way that people still hear that you are willing to help. Lean with curiosity, and make sure you understand the ask. A good no is about timing and style. It is important to read the audience and understand your role and take risks, even if they scare you. Taking risks can lead to positive outcomes and thus increase your confidence. Taking risks can help you build new skills, meet new people and explore new places.

And last but certainly not least, be kind to yourself. Say nice things to yourself every day. Think of yourself as your best friend and imagine what you would say to them if they needed encouragement or support. Remember that you are the best you that anyone can be.

I am honored to have worked with you. Thank you for all you do. I will hold you in my heart always.

IN THIS EDITION

NURSE'S NOTES.....	1
NURSES' WEEK POSTERS	1
SUBMISSION GUIDELINES.....	1
YOU MAKE A DIFFERENCE-ACNO.....	2
YOU MAKE A DIFFERENCE-QAS.....	3
YOU MAKE A DIFFERENCE-PHN.....	4
STARFISH STORY.....	5
EBSCO LINK.....	5

NURSES' WEEK POSTERS

Thank you to everyone that worked on the Nurses' Week Posters. Here is the [link](#) to be able to view all the submitted posters.



SUBMISSIONS

Please e-mail submissions (ideas, photos, articles, trainings, dates, accolades, local or national news, etc.) to: davina.trejo-valdez@sdcounty.ca.gov

For consideration in the next issue, please submit entries by close of business on June 16, 2023. Submission limits: 125-275 words



You Make a Difference

By Angela Mitchell, ACNO

As we close out May, Nurses Month I want to reflect on our roles and what we can do to make a meaningful impact *everyday* through:

1) *Rewarding and recognizing our peers and colleagues for great work* - Recognizing and appreciating employees for their hard work sends a powerful message to the recipient and other team members that they're valued which is a key component of a healthy and productive work environment. Evidence shows that employee recognition is the most important driver of great work and the strongest driver of employee engagement (Eddy et al, 2021). Usually, the perception is that recognition comes from managers and supervisors, but positive feedback from peers can be just as powerful. Peers are on the frontline with each other and know the unique, day-to-day obstacles and challenges. This deeper understanding can make peer recognition especially meaningful.

2) *Engaging in professional development activities* – Professional development as a specialty of nursing practice is defined by standards, based on research, and critical to quality patient and organizational outcomes. Nursing professional development plays a critical role in preparing healthcare personnel for current and future roles and helping individuals cope with an ever-changing healthcare environment (Brunt & Morris, 2022). Continuing professional development is central to nurses' lifelong learning and constitutes a vital aspect for keeping nurses' knowledge and skills up to date. It is critical that nurses continue to actively engage in continuing professional development to maintain high standards of nursing care through competent practice (Mlambo & Silen, 2021).

3) *Participating in community engagement* – Virtually or in person, it is important for nurses to become community-engaged whether informally, on a grassroots level, or formally, in an organization. Partnerships that build and sustain meaningful community action and intervention based on the needs of the community is the best way to develop positive health outcomes in population health. Volunteering at a faith-based organization, healthcare facility or nonprofit community agency can make a difference and be rewarding in numerous ways (Fountain, 2022).

4) *Observing self – care* - According to the World Health Organization, self-care includes “the ability of individuals, families, and communities to promote health, prevent disease, maintain health, and to cope with illness and disability with or without the support of a healthcare provider.” So much of a nurse's time is focused on helping others that it's easy for nurses to forget about their own health and needs. Self-care is how a nurse can promote their own health (physical, psychological, social, spiritual, and emotional). To provide the best care possible to others, nurses need to practice self-care. Jennifer A. O'Neill, chief nursing officer at the Hospital for Special Surgery, states that self-care must not be considered a luxury but a necessity.

“Nurses are advocates for their patients and their families, so we need to be emotionally and mentally available to care for others to the best of our ability,” O'Neill says. “Providing quality care is only possible if we first ensure our own well-being.”

I am excited about the work we do here and our opportunities to grow as individuals and as a team. I look forward to our collaboration as we continue to make a difference here in the County of San Diego.

References

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You Make a Difference

By Marilyn Wiedemann, RN, PHN, MS, LNC

Quality Assurance Specialist, Office of Nursing Excellence

“The only thing that never changes is that everything changes”

– Louie L’Amour

Following a historic pandemic, many changes in Nursing have ensued. With the initiation of Shared Governance, Nurses will have a voice in creating more brilliant changes in how we accomplish our Mission: “...to enhance the health and wellbeing of individuals, families, and communities.” As my Nursing career is soon coming to a close, my heart is proud to have 1) given my best and 2) hung tough through the difficult times. Nursing has afforded me the opportunity to make copious new friends for life, secure a stable income and be a model to my kids and now grandkids of the importance of servant leadership.

You may not know this but amid the growing public distrust of law enforcement, government, etc. a Gallup study from Yale University [February 2022] shows **Nurses are The Most Trusted Profession for the 20th Straight Year!** In our work, it takes a village and when you put your energy toward helping others, it helps you to refocus and appreciate all that you do have. Just when you think life can be quite grueling trying to balance work/family/self, hope finds its way to your heart somehow somehow when you realize that you can make a difference. How? By recognizing that you are a part of the solution. What is the golden ticket? Find your passion and you will make a difference!

And whenever you forget why you became a Nurse...let this quote remind you!

I'm an ex-convict. I have AIDS. I'm a prostitute. I'm poor. I'm old. I'm lesbian. I aborted my baby. I'm a teenage mom. I'm a victim of gang rape. I am a drug user. I'm alcoholic. I am a beggar. I have cancer. I have a contagious disease.

...but the nurse said,



I'll take care of you.

You Make a Difference

By Bridget Shidler, Sr. PHN

As nurses we make differences in people's lives across the lifespan in all aspects of care. It is a prestigious, rewarding, and an in-demand profession. The nursing shortage resulting from the COVID-19 pandemic emphasizes the need for us to promote the nursing profession and expand our diverse and culturally competent workforce.

I had the recent opportunity to do this as the assigned preceptor to a BSN graduate in her externship program. One of her project goals was to promote the nursing profession amongst the youth. We attended the career expo at the San Diego Central Library where local high school students spent the day learning about different career opportunities. We displayed a poster that represented Public Health Nursing and had conversations about the various nursing degree options and pathways to obtain them. While some cringed at the idea of joining the nursing workforce there were others who knew they wanted to be a nurse and some that were intrigued and interested from the discussions we had. The excitement among the youth knowing they have so many options in life was uplifting. At the end of the day if we sparked the interest of at least one person to join the nursing profession then we made a difference.

I am honored to work with so many incredible people who make a difference every day in San Diego County. May we all keep our heads high, smiles bright, and the fire ignited inside us to continue to make a difference in the population we serve.



Katherine Flores,
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Nursing Extern Spring 2023

STARFISH STORY

SUBMITTED: SHEILA RINKER, MSN, RN, PHN, PHN SUPERVISOR

The Starfish Story

As an old man walked the beach at dawn, he noticed a girl ahead of him picking up starfish and flinging them into the sea. Finally catching up with the girl, he asked why she was doing this. She answered that the starfish would die if left until the morning sun.

“But the beach goes on for miles and there are millions of starfish,” said the old man. “How can your effort make any difference?” The girl looked at the starfish in her hand, threw it safely into the waves and said, “it matters to that one!”

Access the county's [EBSCO Health homepage](https://my.openathens.net/) using a universal link



<https://my.openathens.net/>