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Message from the President



I have a favorite proverb by Do Hyun Choe posted on my refrigerator:
"Movement creates life. Stillness creates love. To be still, and still moving—this is everything".

As nurses and leaders, we are so busy moving. This movement is mental and physical; and, is a large portion of our daily lives. The balance in Choe's proverb means finding a time for quiet and calm.

Every day a dear friend and colleague, Dr. Geoffry McEnany, sends me a little saying for the day that helps me find stillness. I use the quote as a starting point for a daily meditative practice, which helps me pay closer attention to others with whom I work: students, colleagues, family or friends. On May 16th he sent this:

*Here's an exercise for the day. During the day, use beginner's eyes.
Be willing to see everything as if it were the first time you saw it.
Watch how this exercise opens your awareness to things that you may have stopped seeing because of your conditioning.*

This is not easy to do! We fall into habits of mind and miss seeing what is right before us. Just think of the ways in which you become conditioned professionally. I know that expert nurses are able to selectively focus on salient cues and ignore aspects of the environment that are not as important. However, there is a risk to having "tamed" the environment, so to speak, as Sally Gadow, nurse philosopher, would say. For example, we can miss something important if we do not consider how patients and families might be experiencing the same environment. In a study of nurse cancer survivors (Picard, DeMarco and Agretelis, 2004), participants shared how being the patient had transformed their appreciation of their own patients' experiences.

Another nurse, as a new graduate, realized once that her perspective was radically different from her patient, who had a serious burn injury. When she changed the dressing, she told the patient the wound looked "really good". To her, that meant the tissue was healing. To the patient it meant her skin was returning to its former condition. When the patient got to see her progress she was shocked and distressed at her appearance.

As a relatively new faculty member, I remember lecturing to undergraduates about complicated bereavement. One student asked twice in the course of the hour if I meant that grieving from a sudden death was harder than an expected death. When class was over I approached the student to see if there

was something I could clarify for her. She shared that her father had died after a long illness and that what she heard in my lecture was that somehow her grief was less difficult. I learned to re-frame my lecture and to always pay closer attention when a question is asked for the second time.

Last week my husband had surgery at a prominent hospital and I was the hyper-vigilant family member. It was clear that the staff was quite at ease with their routines. This included everyone from the admitting staff to person wheeling him to the front door of the hospital. Although I met 10 people in the course of his brief stay, only his surgeon and the two nurses caring for him on the post-op unit introduced themselves. A collaborative process with families requires more of a dialogue. Although his nurse reviewed written instructions with him prior to my arrival in the morning, he was having trouble following them because of his pain medication. I wished that someone had asked me how well prepared I felt to take him home only 14 hours post-operatively. I can advocate for myself in a hospital environment, but many family members cannot. Having an experience like this reminds me to pay attention to what I might overlook on a regular basis.

How do you cultivate paying attention? I posted Geoff's quote of the day on my refrigerator.

Best regards,



Carol A. Picard
President

Picard, C., Agretelis, J. & DeMarco, R. (2004) Nurse experiences of cancer survivorship Part II- Professional Oncology Nursing Forum, 31(3), 537-542.

■ She Saw HOPE in HOSPICE

By James E. Mattson

In 1963, Florence Wald, dean of Yale University School of Nursing, saw a presentation on hospice care and what it had done for patients and their families in England. It was "like opening a door," she said. Once that door was opened, she knew she had to walk through it.

Long before considering a career in nursing, Florence Wald, RN, MN, MS, FAAN, learned ethics from her parents, Theodore and Gertrude (Goldschmidt) Schorske. Children of German emigrants to the United States, the Schorskies regarded their own lack of opportunity to acquire formal education as no excuse for being uninformed about the issues of the day. [Read more.](#)

This article originally appeared in the third quarter 2005 issue of [Reflections on Nursing Leadership](#)

■ Pursuing an Advanced Nursing Degree

By Karen Siroky, RN, MSN, Director of Education, RN.com

NurseZone.com

Nursing is one of the few professions to offer different levels of entry. You can qualify for your RN license after successfully completing a diploma, associate degree in nursing (ADN) or bachelor's degree in nursing (BSN) program. You may wonder why you should continue your education after you're licensed, but there are a number of compelling reasons to pursue an advanced degree in nursing.

There are a few items to consider regardless of the advanced nursing degree you choose to pursue:

- Program costs can be expensive, and may factor into your decision about where to pursue your education. Check with your employer about tuition subsidy, reimbursement and scholarship programs. For instance, AMN Healthcare and its partner companies offer a tuition reimbursement program to its current travel nurses who have worked at least two assignments (e-mail info@rn.com for more information). Also, find out what financial aid options are available through your school. When evaluating a program, look for one that values your experience and meets your time and financial requirements.
- Make certain your nursing program is accredited through the National League for Nursing Accrediting Commission (NLNAC) or the Commission on Collegiate Nursing Education (CCNE). NLNAC and CCNE accreditation provides assurance that the educational institution's nursing program meets current criteria set forth by leaders in the nursing profession and your state's Board of Registered Nursing.
- Finally, consider the geographic area you are interested in living when choosing a school. Make sure the educational program you attend meets the state requirements of the area(s) you would like to work.

[Read more.](#)

■ Ken Dion: Touching Lives at the Point of Care

by James E. Mattson

In the ongoing battle to improve health care, it's nurses, contends Kenneth W. Dion, RN, MSN, MBA, who are on the front lines. From their unique bedside vantage point, where they deliver the lion's share of patient interventions, nurses can also recognize needs that may be opportunities for innovative products that improve patient care.

He knows whereof he speaks. Making a difference at the point of care inspired Dion, an emergency room nurse, to become a successful nurse entrepreneur.

"I have this passion for delivering patient care," he says. "There are very few things you can substitute for the look in a patient's eyes when he or she is in dire straits in an emergency room and recognizes that you're there to help. You can't put a price on something like that."

These days, Dion doesn't directly treat patients, but the company he founded is directly involved in improving patient care and, for him, that's rewarding. [Read more.](#)

This article originally appeared in the first quarter 2007 issue of [Reflections on Nursing Leadership](#)

■ Making the Most of Your Membership

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Convention provides wonderful opportunities to develop new relationships and collaborations through networking with nurse leaders from around the world and to share pride in the profession as we celebrate the accomplishments of the international award winners.

You will find that Baltimore, on the Atlantic coast of the United States, has endless possibilities for cultural activities, shopping and dining, as well as wonderful meeting facilities and hotels. Your convention days will be full of activity, and you will leave Baltimore with a lucid vision and renewed spirit for collaborative action in global health care. [Register now.](#)

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a Profession have brought you another great addition of the book. The second volume brings you more stories from some of nursing's living legends. Get your copy today! You can order online <http://www.nursingknowledge.org/Portal/main.aspx?PageID=36&SKU=66426> or call toll-free at 1-888-NKI-4YOU.

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