

# LIVEWELL NURSING

Volume 3: Issue 3 October 24, 2022

## NURSE'S NOTES *Denise Foster, CNO*



*“Courage is what it takes to stand up and speak; courage is also what it takes to sit down and listen”*

— Winston Churchill

Halloween is just around the corner and there are spooky decorations, scary movies, and creepy stories all around this season. Nurses experience fearful moments regardless of the season. We are often faced with situations that challenge our courage and persistence. Those situations can rock our very foundation and cause us to feel vulnerable and even lead us to question our professional commitment. But those situations also provide us the opportunity to evaluate our practice. According to the American Nurses Association (2021), registered nurses should engage in self-reflection on a regular basis and those reflections should include facing our strengths as well as our weaknesses. It takes bravery to look at oneself with a critical but loving eye. I added the loving eye as I want to emphasize how important it is to maintain compassion even when facing our weakness... perhaps especially when we are facing weakness or error. Self-reflection should include strategies for improvement which probably means trying something new. It takes courage to take action when we have doubts about our success. Being afraid and doing it anyway is the hallmark of courage. Whether you are dressing up for Halloween or not, try putting on your brave face and do something that scares you just a little. Perhaps that means speaking up at a meeting, or perhaps it means listening to the ideas of others. Whatever you do, do it with courage and love and always add a bit of scary spice to make it fun.

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## UPCOMING TRAININGS & DATES

The Office of Nursing Excellence (ONE) is pleased to offer the webinar **Psychological Safety In The Workplace**. This will be held via Teams on November 4th (Friday) at 2:00PM to 4:00PM.

This class is available to full-time permanent employees, nurses and support staff. Registration is limited to 100 participants, and will close October 26 (Wednesday) or when capacity is full/reached.

To register, complete and submit the SurveyMonkey form using this link: [HERE](#)



## SUBMISSIONS

Please e-mail submissions (articles, ideas, photos, trainings, dates, accolades, local or national news, etc.) to [Sara.Wilson@sdcounty.ca.gov](mailto:Sara.Wilson@sdcounty.ca.gov)

For consideration in the next issue, please submit entries by close of business on November 10, 2022

Submission limits: 125-275 words

# Check Your Mood

By Bridget Shidler, Senior Public Health Nurse

Central Region Public Health Center participated in *Check Your Mood* day 2022. The purpose of this annual event is to engage and encourage San Diegans to monitor and assess their emotional well-being. Our PHNs and Social Service Aide staffed a table outside of the health center to provide self- assessments, education, and resources focused on mental health. Although not everyone was willing to complete a self- assessment, education was provided to 73 courageous people. This education was consistent with the *Check Your Mood* message that getting screened for depression is an important part of healthcare checkups, much like getting your blood pressure checked or being screened for heart disease or diabetes. The assessment itself takes a brave individual because not everyone is willing to participate. Thirty-six people completed the PHQ-2 self- assessment, and all 36 people were educated on community resources for mental health as well as self-care tips provided by the *Check Your Mood* organization. Some people were open about their stressors which led to the sharing of other community resources to assist with basic needs. It was a successful event and Central Region is proud and thankful to have the opportunity to participate. We are especially appreciative to those brave individuals that step up for this assessment! #reducethestigma #mentalhealthmatters



Those staff that participated in the event were: Lourdes Dovalina, SSA; Jen Cherry, PHN; Diane Delfin, PHN; and Bridget Shidler, PHN. Thank you.



## Creating Empowerment Through Trusting Nurse-Patient Relationships

By Callie Escobedo, SR PHN

Nurses working with clients suffering from Sudden Infant Death Syndrome focus on the entire family. A recent referral included a sibling who had not attended school for over two years due to COVID. The family had the courage to share this after creating a trusting patient-nurse relationship over several visits. The gap between learning and socializing with other children first began with the schools closing during COVID. Then, once schools re-opened, the family could not navigate the healthcare system to receive appropriate care, including appointments to become fully vaccinated and return to school. The family lives on a limited income and the mother could not miss work to bring her child to a clinic to receive the vaccines. Through the relationship that was developed, it was determined which vaccines the child needed to attend school. By working with the clinic, arranging the appointment, and assuring the child had transportation to the appointment, she received her vaccines. Within two months the client's sibling contacted the PHN and informed her that the client was back in school. Her sister now describes her as very happy and finally socializing! This experience was important to share with other PHNs to remind us to ask important questions when we notice the need for an intervention to change a client's situation. The human connections we make allow families to be courageous in setting goals to live well in San Diego County.

## We Connect to (En)COURAGE

*By Debbie Pasamonte MSN, RN | Public Health Nurse Supervisor*

Within the word encouragement we see the word “*courage*,” which means to inspire with courage, spirit, or hope (Merriam-Webster, 2022). To encourage, then, is to help develop that ability in someone, while the “*-ment*” at the end makes that development into a noun, the act of giving courage or support to another.

The nurses at **North Central Public Health Center** do just that! Each of our nurses promotes courageous action everyday by sharing their brave behavior. Whether it’s starting the workday driving to unfamiliar neighborhoods, visiting with families in need, or even learning and teaching in the community. Nurses are there to build relationships and hope. Maybe it happens within the walls of our own offices or as we make and share ‘hero’ stories. We may do this on our first day on the job, or when transferring roles into the new office, formally or informally, verbally or in writing, during one-on-one and in team meetings, or when we simply check-in with one another face-to-face or virtually. During these seemingly small connections we influence others to follow our lead and to take on personal risks, all in the betterment of our community.

Courage is an important attribute in life, especially in our nursing practice. With that, courage is risk-taking opportunities to enhance each other’s clinical and professional development. With constant changes and challenges in our daily assignments, we may rely on the Serenity Prayer we recited early in our profession: Grant me the serenity to accept the things I cannot change; COURAGE to change the things I can, and wisdom to know the difference.

*Reference:* 2022 Dictionary by Merriam-Webster: America’s most-trusted online dictionary

Pictured below from left to right: Taylor Withers PHN, Mary Ho, Nurse Resident, Debbie Pasamonte PHN Supervisor, and Natalie Robertson PHN, in collaboration, providing mentorship, support and courage as they discuss the day’s home visitation assignments.



# Courage

By Rebekah Huppe, *Quality Assurance*

*Specialist*

It's easy to think that we do not have courage as nurses, yet our daily tasks inherently require courage. When we see a patient for the first time, respond as disaster workers, or serve during a worldwide pandemic, we consider these acts of service as normal, but they are truly acts of courage.

When I was a nurse working in San Francisco, CA in March 2020, it was a time of intense fear and uncertainty. I will never forget when the director of our hospital announced to the staff that we were to receive the first Coronavirus patients to step foot on US soil, they were from a cruise ship sitting in San Francisco Bay. I remember the somberness that took over our unit as we realized our new encounters, most were scared yet ready to face the new challenges. What ensued over the coming weeks was truly remarkable to witness and one with lifelong impact. I saw people from all different backgrounds, experiences, and roles within the hospital band together in unity. Like superheroes, we rose to stand in the face of fear for the greater good of humanity despite the unknowns. We were fighting to beat the pandemic. The daily acts of sacrifice and courage, both big and small, are ones I want to honor as we reflect on what courage in nursing means today.

Nurses have different influences; they have the opportunity every day to step out of their comfort zone and enact change within their spheres of influence. When you wake up each morning, ask yourself... in what way can you be courageous today?

*“Courage is not the absence of fear, but rather the assessment that something else is more important than fear.”*

— Franklin D. Roosevelt

