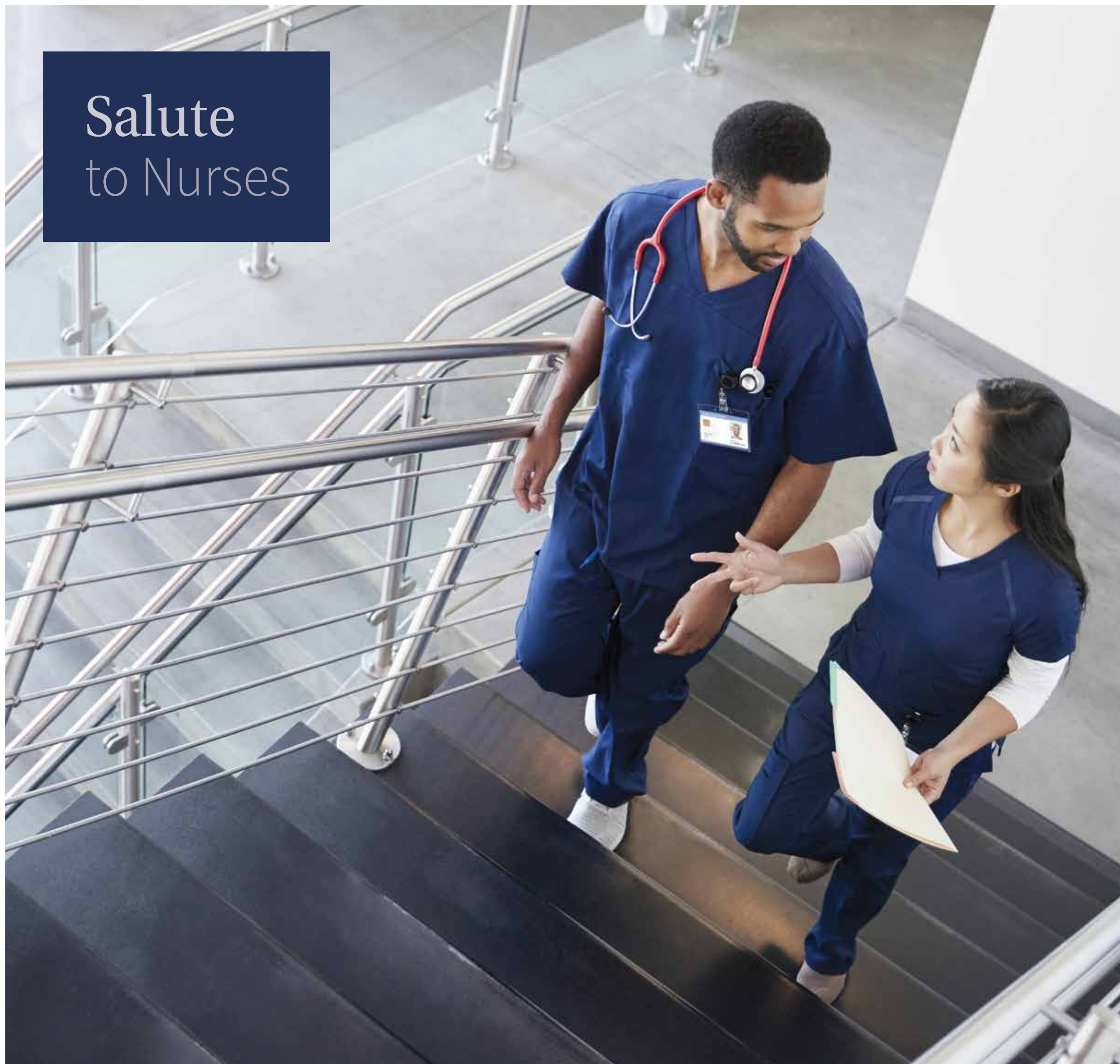


Salute to Nurses





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Thank Your Nursing Staff

The nurse profession is a fast-paced, stressful occupation that can take a toll on its workers.

If you serve in an administrative role at a health care facility or simply admire the hardworking medical workers in your community, saying thank you can help inspire nurses. Here are some ideas to show your gratitude and help nurses keep a smile on their faces.

MEAL DELIVERY

As a nurse working long hours, the next meal isn't always guaranteed.

Professionals sometimes find themselves without ample time to grab their favorite lunch or dinner and substitute it with a quick snack. To show thanks, work with a local catering service or diner to bring in various options. If you're unsure about the staff's favorite meals, ask around to get a general idea of popular cuisine.

Once everything is in place, it's a good idea to alert those involved so they can plan to

forego bringing their own lunch and enjoying a catered meal. Another good option is to supply the nurses with gift cards to local eateries. This will allow them to spend time with their friends or family while eating on their own time.

MAKE THEIR DEDICATION KNOWN

While most nurses humbly strive to provide optimal care for patients without recognition, sometimes, a kind word or acknowledgment can help enhance their performance. Consider dedicating a corner

in the break room with a gratitude board where facility workers can share feedback about their coworkers' commitment. Not only will nurses feel satisfied with the comments that showcase their dedication, but they can feel appreciated by their peers, which can help build relationships.

SUPPORT THEIR MENTAL HEALTH

A health care setting can be damaging to the mental health of the people working in the facility. You can show your support by setting aside

time for a few beneficial exercises or by gifting certificates for a local fitness center. Here are some ideas that can promote better emotional health.

- Dedicate a time of day where the nursing staff partakes in meditation.
- Offer virtual or physical yoga classes to decrease stress hormones and reduce anxiety.
- Offer ways for nurses to earn time off by achieving goals that they set.

Help your nurses avoid burnout by ensuring their mental health is in peak condition, even in a stressful setting.

Nurses Adapt to Change

Throughout history, nurses have been faced with adapting in the face of adversity. From learning new, innovative technology to unforeseen health emergencies, the nursing profession is continually changing.

Learn how medical professionals must adapt to new dynamics that are introduced into their field.

One of the most significant changes that nurses face is an ever-changing pool of peers. As health issues evolve, new professions are created and must collaborate with the nursing staff.

Professionals like administrative assistants, incoming physicians and numerous specialists are required to ensure a medical facility is operating efficiently. To remain a trusted person in the industry, nurses must accept and show professionalism with a rotating cast of characters.

ADAPTING TO TECHNOLOGY

Experts must incorporate new technological innovations into their regular routines to remain prevalent and resourceful in the nursing industry. A factor like electronic health records can help streamline the care a patient receives.

The digital documentation



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keeps track of one's medical history, includes progress notes and reveals medication or allergies that they must avoid. Nurses are tasked with providing clear documentation to create an accurate data network for other health care experts to access guidelines.

Some facilities are also incorporating wearable technology for their patients.

Nurses must adapt and understand how to track health data from smart sensors. These innovations show information, including vitals and even movement of those wearing the gear.

PATIENT SELF-ADVOCACY

The smart devices that hospitals are implementing are also used by the public

through watches and health-tracking devices. As the products become more popular throughout the country, nurses must dispel inaccuracies and issues that need to be addressed.

While the devices are good at warning people of problems or potential health hazards, the medical field's advice and knowledge cannot be replaced

by an app. Nurses must encourage patients to seek advanced care when needed, regardless of what their tracking gear is depicting.

As technology giants like Apple, Amazon and Google help improve patient self-advocacy, health care professionals must adapt to compete with care provided outside of a traditional setting.

Nursing Specialties

After gaining an RN license, many experts expand into more specialty categories that help patients who require more in-depth support.

Check out a few niches that nursing professionals can fill, according to the Nurse Journal organization.

NEONATAL NURSES

Neonatal nurses are on the frontlines in intensive care units that provide support for infants at risk of complications or in need of specialized care. Some of the conditions in babies that they bear include:

- Premature newborns.
- Cardiac or congenital disabilities.
- Genetic conditions.
- Drug dependency.

Generally, infants receive care until they can leave the hospital. Still, sometimes, further consideration is required and provided by these critical health care experts.

INFECTION CONTROL

Prevention nurses are efficient at identifying and managing infections, diseases and viruses. They work in hospitals, clinics and community health centers. During the COVID-19 pandemic, these professionals filled a vital role in focusing on patient case reporting and widespread infection prevention.

They serve as critical advocates who ensure that health care centers are safe and sanitary for both patients and the facility's employees.

DIALYSIS NURSE

Dialysis is a medical process that cleans the blood of patients who struggle with kidney-related diseases.

Experts in charge of overseeing the tasks operate equipment that sanitizes the blood and assesses patients' vital signs before and after the

procedure. They are also responsible for providing education about medication and aftercare.

INFORMATICS NURSE

Hospitals and clinics rely on strict management of health-care data and communications. Informatic nurses are

fluent in computer science, information technology and nursing. They use their training to support providers' efforts by developing medical data and systems that improve overall patient outcomes.

NURSE EDUCATOR

Many RNs turn their exper-

tise into an academic role to help other nurses advance in their careers. As an educator, experts lead degree programs in a classroom setting or with hands-on training in a medical environment. Their duties include advising students, creating and evaluating curriculum and conducting research.



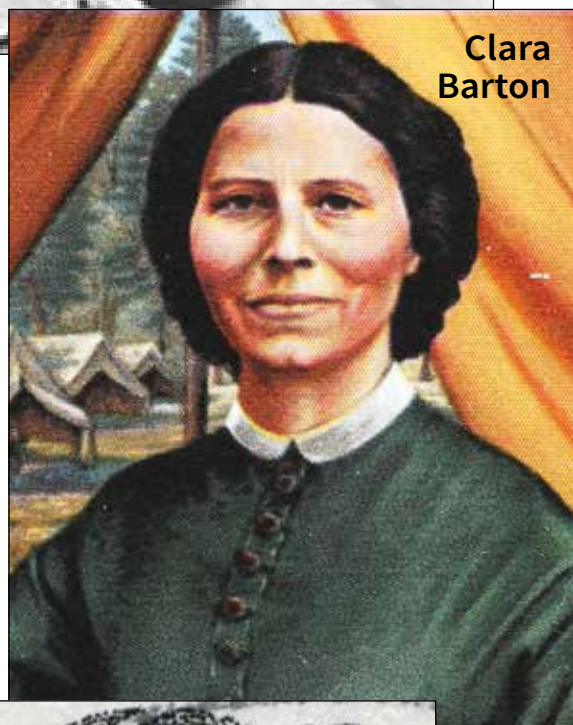
Famous Nurses in History

Throughout history, nurses have assisted in innovating the healthcare system and saved lives during their careers.



Mary
Ezra
Mahoney

MESERETTE KENTAKE/WIKIMEDIA COMMONS



Clara
Barton

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Dorothea Dix

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While Florence Nightingale is perhaps the most famous medical worker in the role, many professionals made a difference and advanced the position. Celebrate the nursing field by learning about some of the most influential people in the industry's past.

DOROTHEA DIX

Dorothea Lynde Dix served as an advocate to bring a medical spotlight to mental health. According to the American Public Health Association, Dix is credited with playing an instrumental role in the founding or expansion of more than 30 hospitals to treat the mentally ill.

In addition to this essential crusade, she was also a crucial critic against cruel and neglectful practices toward emotionally sick patients like caging, incarceration and harmful physical restraint. She was a leading figure in international movements that challenged ideas that those with mental issues could not obtain treatment to cure their problems.

CLARA BARTON

Barton worked as a nurse during the Civil War, where she served as a provid-

er for soldiers who became wounded during a battle. After the war, she used her expertise and knowledge in the medical field to form the American Red Cross in 1881.

The organization was formed when she was at the age of 59, and she would continue to lead the cause for the next 23 years. Barton showcased outstanding features of helping and serving others that eventually led to new paths of volunteerism.

MARY EZRA MAHONEY

In 1879, Mahoney became the first African American in the United States to graduate from nursing school and begin a professional career in the field. The National Women's History Museum reports that she focused on private care where she supplied specific needs for individual clients rather than working in the public field.

Mahoney joined the Nurses Associated Alumna of the U.S. and Canada in 1896 before co-founding the National Association of Colored Graduate Nurses the following year. At the organization's maiden convention, she was voted to be the national chaplain and received a lifetime membership.



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Motivational Nursing Quotes

Being a professional nurse can sometimes cause experts immense stress that often leads to poor mental health.

The rigorous duties during shifts, long hours and showing compassion for terminal patients can take its toll on anyone, even these superheroes in the medical field.

Whether you're a nurse in need of a pick-me-up or a loved one who is proud of their health care champion, here are some inspirational quotes to share, compiled by Nurse.org.

"It's OK to learn from every experience, and it's OK to make mistakes."

— Louise Hay

"How many nurses does it take to screw in a lightbulb? None. They delegate it to the nursing student."

— Unknown

"If we're growing, we're always going to be out of our comfort zone."

— John Maxwell

"Never give up on a dream just because of the time it will take to accomplish it. The time will pass anyway."

— Earl Nightingale

"Too often we underestimate the

power of a touch, a smile, a kind word, a listening ear, an honest accomplishment or the smallest act of caring, all of which have the potential to turn a life around."

— Leo Buscaglia

"The nurse is temporarily the consciousness of the unconscious, the love of life of the suicidal, the leg of the amputee, the eyes of the newly blind, a means of locomotion for the newborn, knowledge and confidence for the young mother, a voice for those too weak to speak, and so on."

— Virginia Henderson

"Trust yourself. You know more than you think you do."

— Benjamin Spock

"When I heard 2020 was going to be the year of the nurse, this is not what I expected."

— Unknown

"Being a nurse is weird. I can keep a poker face through trauma but have a mental breakdown over losing my favorite pen."

— Unknown

"To do what nobody else will do, in a way that nobody else can do, in spite of all we go through ... that is what it is to be a nurse."

— Rawsy Williams

"Be kind, for everyone you meet is fighting a battle."

— Plato

Expected Nursing Trends

Since the nursing industry evolves so quickly, new trends become relevant each year. This year, especially, the COVID-19 outbreak took its toll on the medical field, leading to numerous challenges and booming growth in job demand.

Check out what's to come from the experts at the Association of American Medical Colleges and the American Association of Nurse Practitioners.

GREATER DEMAND FOR FAMILY NURSE PRACTITIONERS

Industry experts are concerned that the United States could face a shortage of up to 55,200 primary care physicians by 2032. The deficit is mainly contributed to a growing, aging population and retirement. Without these physicians in practice, the demand for Family Nurse Practitioners will continue to rise. In March of 2020, the AANP reported that the number of nurse practitioners reached 290,000 in the country, an all-time high.

ONLINE EDUCATION PROGRAM POPULARITY WILL INCREASE

In 2018, New York became



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the first state that required nurses to earn a BSN within 10 years of earning their license. Multiple other states plan to enforce the same legislation to increase the capacities of professionals holding their BSN degrees.

Many nurses are turning to online programs to pursue the certification while continuing to work full-time to obtain this stature. The remote learning

process is expected to increase significantly because of how the pandemic has impacted in-person learning.

BILINGUAL NURSES WILL BE HIGHLY VALUED

The 2015 Census Bureau shows that there are at least 350 languages spoken in American homes. After English, Spanish is the second most common and is used by

about 13 percent of its population. Bilingual nursing experts are crucial for communicating with patients regarding their symptoms, struggles and clear instructions on recovery.

A NEED FOR GERIATRIC SPECIALISTS WILL INCREASE

According to the Congressional Budget Office, by 2050, one-fifth of the United

States population will be 65 or older. Unfortunately, fewer than 1% of registered nurses and fewer than 3% of advanced practice RNs are certified in geriatrics, per the National Academy of Medicine.

As the need for aging care increases, the industry will require a rise in specialty nurses that practice in geriatric care management.

Nursing Challenges

Throughout their careers, nurses face challenging situations when supporting patients and during their daily shifts.

The occupation comes with multiple hazards like battered emotional health, physical exhaustion, and balancing a personal life with extended hours. In 2020, the American Nurse Journal (ANJ) held a survey to discover the most difficult issues that nurses face.

The results ranged from struggling to perform their duties with limited supplies to an increased workload. Due to the nationwide pandemic, last year was a hectic time for everyone in healthcare.

Fortunately, the ANJ study showed that 85 percent of the questioned nurses said they were not considering a career change. Here is more about what the report revealed regarding the challenges that face nursing professionals.

ELEVATED RISK OF PERSONAL ILLNESS

As nurses faced patients with the highly contagious COVID-19 virus, the concern for their personal safety arose.

Especially when supplies like masks and PPE were limited, nurses risked their lives to protect others' health.

In addition to being at risk for contracting the virus, nurses also face physical ailments from patient lifting, exposure



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to chemicals and the potential for violence.

BULLYING

Healthcare professionals are often exposed to bullying and violence from coworkers and patients, and their families. These statistics from the ANJ study show how the workplace can become an intimidating

experience for nursing experts.

- Thirty-nine percent of respondents reported having been verbally assaulted by another employee or healthcare provider;
- About 46 percent say they intervened when they witnessed workplace bullying;
- Fifty-four percent of the survey participants say they

experienced verbal threats from patients;

- Approximately 51 percent of nurses who didn't report the situation chose to ignore it because they felt the issue wouldn't be resolved.

HIGHER STRESS LEVELS

While the projected growth for nursing positions is boom-

ing, the country is currently facing a healthcare professional shortage. The insufficient staffing is causing greater stress levels and dissatisfaction for those in the role.

The Nurse Journal reports that the lack of experts results in more extended hours or double shifts, which can lead to physical exhaustion.