



THE CORRECTIONAL NURSE

Inspiring

Professional Correctional Nursing Practice

Hi ,

On Fridays, I see patients at the Free Clinic. We are very fortunate to have many students who do their clinical rotations with us, including RNs, APRNs, PAs, and medical students, which gives me a great opportunity to talk about correctional nursing and correctional healthcare. In addition to discussing the patient conditions we treated in clinic that day, I usually share information about whatever class I am researching and writing for [The Correctional Nurse Educator](#). The students, for the most part, are enthusiastic about learning new information. However, I am struck by the fact that most of the students seem to have retained little knowledge from their basic classes (like anatomy and physiology; and disease processes) and instead, rely on apps and Google searches on their phones and tablets for information.

While I love the vastness of the information on the internet, and I confess that one "quick" Google search for me can result in two hours of reading, as one interesting topic leads to another, we all still need a basic understanding of anatomy and physiology and disease processes in order to determine if our patient is presenting as expected for the condition or abnormally with signs and symptoms that require further evaluation or provider consultation. Additionally, most facilities in which I have worked did not allow staff to bring in cell phones and tablets, and so we had to rely on our personal knowledge when evaluating our patients.

Thus, I encourage you to commit to developing a solid foundation of nursing knowledge, both for your personal growth and satisfaction and for your patients' health and well-being. If there is an area in which you are not confident (mine used to be cardiac!), take a little time every day to learn something about it. Read an article or take an online class. Use that Google search or app **before** you have a patient presenting with a problem in that area. If you do a little every day, I can guarantee that you will build up your knowledge base over time. As you enhance your knowledge, share it with your colleagues. Ask your manager if you can give a short presentation at the next staff meeting about a topic/condition about which you want to learn, or perhaps one that a new patient has that is unusual. I have found doing so will motivate you to do the research and it will enhance others' knowledge as well.

"Knowledge will bring you the opportunity to make a difference" ~ Claire Fagin, RN, Ph.D., FAAN ~ and Correctional Nurses definitely make a difference!

I wanted to take a moment to share a couple of news-worthy items with you this month.

The ACNA

The American Correctional Nurses Association had its second meeting on January 22, 2020 via WebEx. The DRAFT by-Laws were discussed, as was the Mission and Vision, and the committees that need volunteer leadership right now. The meeting minutes have been posted on the ACNA website - [OurACNA.org](#). We hope the you will take the time to review all documents and share your thoughts.

We are asking that all comments be emailed to the Vision Team by March 30th, so that the By-Laws can be edited as necessary and be ready for the meeting in May, when we expect to vote on all. If you have not completed the ACNA survey and want to do so, you can find it [HERE](#). Remember, the ACNA is an organization for ALL Correctional Nurses - LPNs, RNs and APRNs.

CONFERENCES

The [National Commission on Correctional Health Care](#) has just sent out its call for proposals for the Fall 2020 Conference in Las Vegas that will be held October 31 - November 4th. Please consider presenting a nursing topic!

As an advanced notice, the 2020 Spring NCCHC Conference will be held May 2-5 in Atlanta, Georgia, so mark your calendars.

CorrectionalNurse.Net

This month, the CorrectionalNurse.Net BLOG will feature information about Sprains and Strains, something we see often in the correctional environment. In our second post, we will discuss the latest research regarding the use of ibuprofen for sprains and strains, and in general, the effects ibuprofen has on other conditions. In addition, the professional topic this month concerns Grievances, and how we can use them to enhance our patient care. I hope that you will join me, and please, leave feedback in the comments section!

[VISIT CORRECTIONALNURSE.NET NOW](#)

Correctional Nurse Educator

This month our featured, discounted class is *Sprains and Strains for the Correctional Nurse*. I hope that you find it interesting!

[VISIT THE CORRECTIONAL NURSE EDUCATOR NOW](#)

Nursing Behind the Wall

This month the clinical topic is sprains and strains. At [Nursing Behind the Wall](#), you will meet and evaluate Mr. Howard, a 23 year old male who submits a Health Service Request for right foot pain that started last night.

[VISIT NURSING BEHIND THE WALL NOW](#)

In closing, I appreciate you taking the time to read this newsletter, and I hope that you will find our sites interesting and educational. Our profession of Correctional Nursing is unique and sometimes challenging, but always very important to our patients. The impact we make is far-reaching, even if it is not always evident as we care for our patients. I have ALWAYS been proud to say that I am a Correctional Nurse – I hope that you are as well!

Rori

Inspiration

The Correctional Nurse

LEARN TO LOVE

Without condition,

TALK WITHOUT BAD INTENTION,
GIVE WITHOUT ANY REASON,
AND MOST OF ALL,
CARE FOR PEOPLE WITHOUT
ANY EXPECTATION.
-UNKNOWN

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