



THE CORRECTIONAL NURSE

Inspiring

Professional Correctional Nursing Practice

May 2021

Celebrating Nurse's Week May 6 - 12th! and Correctional Officer and Staff Week May 2 - 8th

This month, I had another topic to share with you, but after hearing multiple stories of our Correctional Nurse colleagues having difficulty coping with the strains and stressors faced on a daily basis, I decided that Self-Care was a better discussion. From experience I will tell you that often we, the stressed, are the last ones to know!

I am sure that I don't have to tell you that we, on the front lines of Correctional Nursing, are stretched beyond belief. We are asked to do more with less, and we must "figure it out." We must prioritize our duties, understanding that an emergency could occur at anytime. We remember that our patients rely on us for their medications, triaging their health problems, addressing those conditions that we can, and ensuring that they have access to healthcare. This can be a daunting task and responsibility, especially when the resources that were limited before are even less now. However, as Correctional Nurses, that is exactly what we do best, and we do what we need to so our patients continue to get the care and treatment they need.

Remember that your stress can quickly turn into burn-out and physical manifestations, so please - take care of you!

Happily, there are a number of resources on the internet that you may find helpful. The [American Nurses Association](#) has a health and safety area on its website that has many suggestions and free resource referrals. It's **Healthy Nurse, Healthy Nation** initiative is a social movement designed to "transform the health of the nation" by improving the health of our nation's over 4 million nurses. This is free and you can sign up [HERE](#). Its Grand Initiative aims to improve nurses' health in five areas - nutrition, physical activity, rest, quality of life and safety.

Here is an article in Nurse Journal - [Top Tips from Nurses on Dealing with Burnout](#).

Finally, The Central Peninsula Hospital (AK) has a very good [Self-Care Toolkit](#) that may be helpful as you decide which de-stress practices are suitable to your schedule and preferences.

it is important that you find activities or strategies that you will actually engage in! Know that there are activities you can do that take minimal time and, if done routinely, do make a difference. Don't be afraid to reach out for help, or get a group of colleagues together to engage in some of these stress-busting activities. Sometimes having others doing it with you is motivational itself.

Please, please never forget that you are so very important to many people, including your patients and your correctional colleagues, and you must take the time to take care of you and your physical and mental well-being.

Newsworthy Notes

The American Correctional Nurses Association will be holding its member meeting on May 18, 2021. Remember that ALL Correctional Nurses are welcome to join. Please check back often on the [American Correctional Nurses Association website](#), where new announcements of interest are posted often.

Remember that you can find our past Newsletters on the CorrectionalNurse.Net website in the Newsletter Archive.

Thanks for all you do, and Be Safe!!

CorrectionalNurse.Net

This month, [CorrectionalNurse.Net](#) will finish our discussion about clinical judgment, and will discuss therapeutic communication. Our clinical topic is Systemic Lupus Erythematosus.

As always, announcements for new blog posts will be posted on our FaceBook pages.

Please [FOLLOW US](#) and check back often to ensure that you get notification of new posts!

[VISIT CORRECTIONALNURSE.NET NOW](#)

Correctional Nurse Educator

This month we are offering a special 2021 Nurse's Week Bundle of nine classes, 20 continuing education hours.

I hope that you enjoy it!

[VISIT THE CORRECTIONAL NURSE EDUCATOR NOW](#)

Nursing Behind the Wall

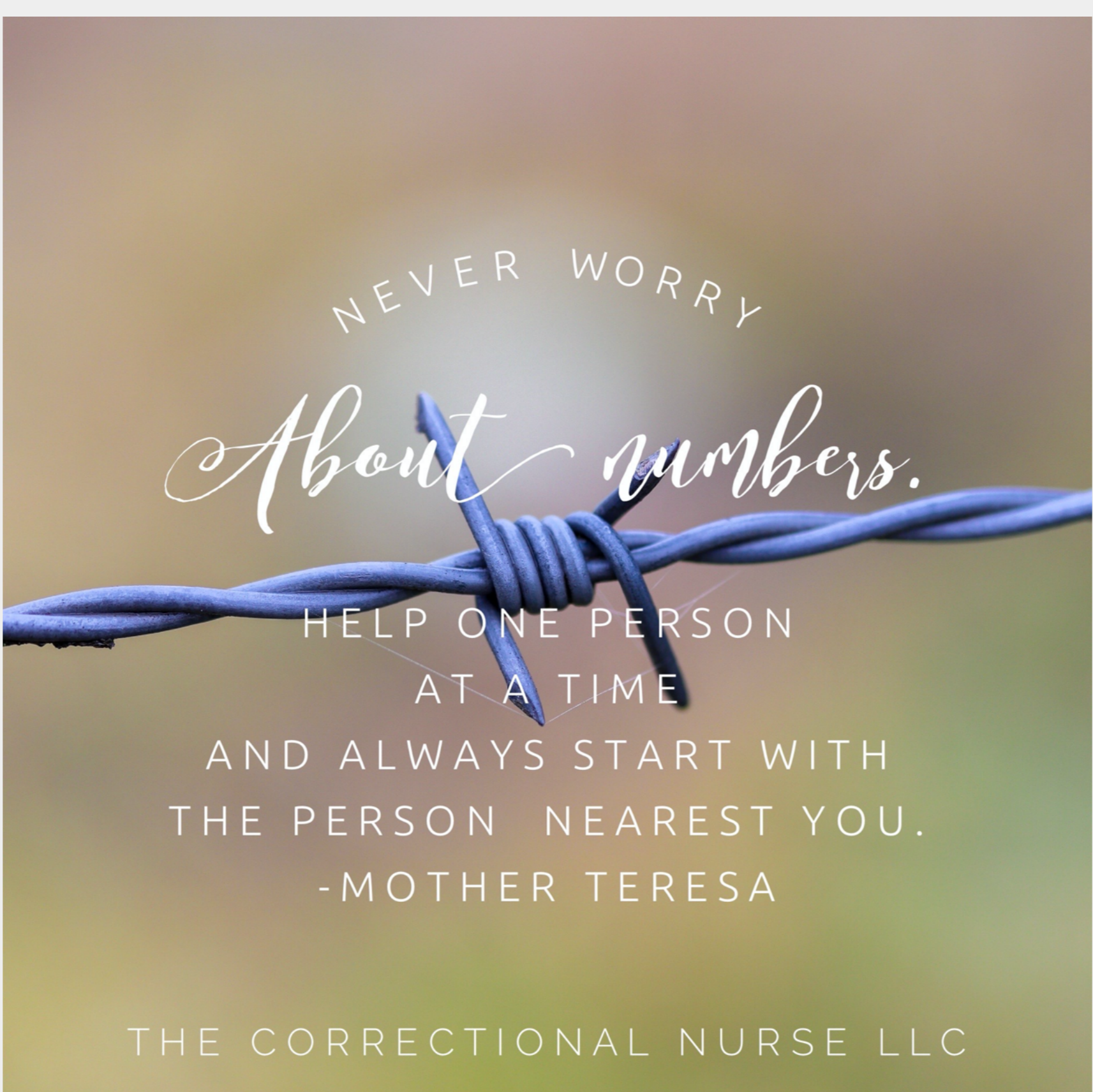
This month at [Nursing Behind the Wall](#), you will meet Ms. Myer, a woman suffering intermittent shortness of breath and chest pain.

[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!

Lori

Inspiration



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CONTACT US

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