

# THE CORRECTIONAL NURSE

Inspiring

## Professional Correctional Nursing Practice

November 2021

Happy November!

I want you to know that I am very grateful to each of you for reading this Newsletter and I truly appreciate the feedback you send. I appreciate what you do every day for your patients and that you are a positive representative of Correctional Nursing. I say it often, but please know that your patients are also appreciative of what you for them, even if they don't always tell you.

In September, the American Correctional Nurses Association presented its first webinar entitled *Promoting Wellness and Self-Care for the Correctional Nurse*. Dr. Annette Maruca shared a number of self-care strategies Correctional Nurses could use to enhance their wellness, including the simple act of being grateful. One quoted study found that healthcare workers who wrote down things for which they were grateful twice a week had a reduction in perceived stress and depression. In general, individuals who identified as grateful reported higher levels of happiness and life satisfaction; were more resilient to stress; were less depressed; achieved more; reported better relationships with their peers; and were overall, more helpful and generous.

Suggestions to support gratefulness include keeping a gratitude journal, using a gratitude board at work to share the things and people for which you are grateful, and taking five minutes at the beginning of your day and five minutes at the end of your day focusing on those things in your life for which you are grateful. I personally have done that for many years, and I do find it helps put things in perspective, especially when the day has been challenging! I encourage you to find some activity for yourself that will focus your attention on the good and positive in your life. Do this for your family, friends, and patients, but even more so, do it for yourself - you definitely deserve it!

Happy Thanksgiving!

Gratitude turns what we have into enough (anonymous) and enough is a feast (Buddha).

### Newsworthy Notes

The National Commission on Correctional Health Care held its Fall conference in-person in Chicago on October 30th-November 3rd. A condensed, virtual version will be available on November 17th & 18th. [Get all the information on the NCCHC website.](#)

The [American Correctional Nurses Association](#) held its 2021 Elections on October 20th - 27th. The winners were announced at the in-person and virtual meeting held on November 2, 2021 at the NCCH Conference. CONGRATULATIONS to Mary Muse, President-Elect; Annette Maruca, Secretary; and Joseph May, Member-At-Large. Remember ALL nurses working in correctional health are welcome to join!

The [American Correctional Association](#) will hold its Winter Conference on January 6-9, 2022 in Phoenix, Arizona and registration is now open.

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 at [CorrectionalNurse.Net](#) our clinical discussion will include sharps safety and performing a psychiatric nursing assessment.

We will also discuss whether Correctional Nursing is for you!

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

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

VISIT CORRECTIONALNURSE.NET NOW

## Correctional Nurse Educator

Our 50% off featured class this month is [Excited Delirium for the Correctional Nurse](#). I hope that you enjoy it!

We are also so happy to announce two NEW CLASSES at The Correctional Nurse Educator - Juvenile Obesity for the Correctional Nurse and Headache for the Correctional Nurse. Please check them out!

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## Nursing Behind the Wall

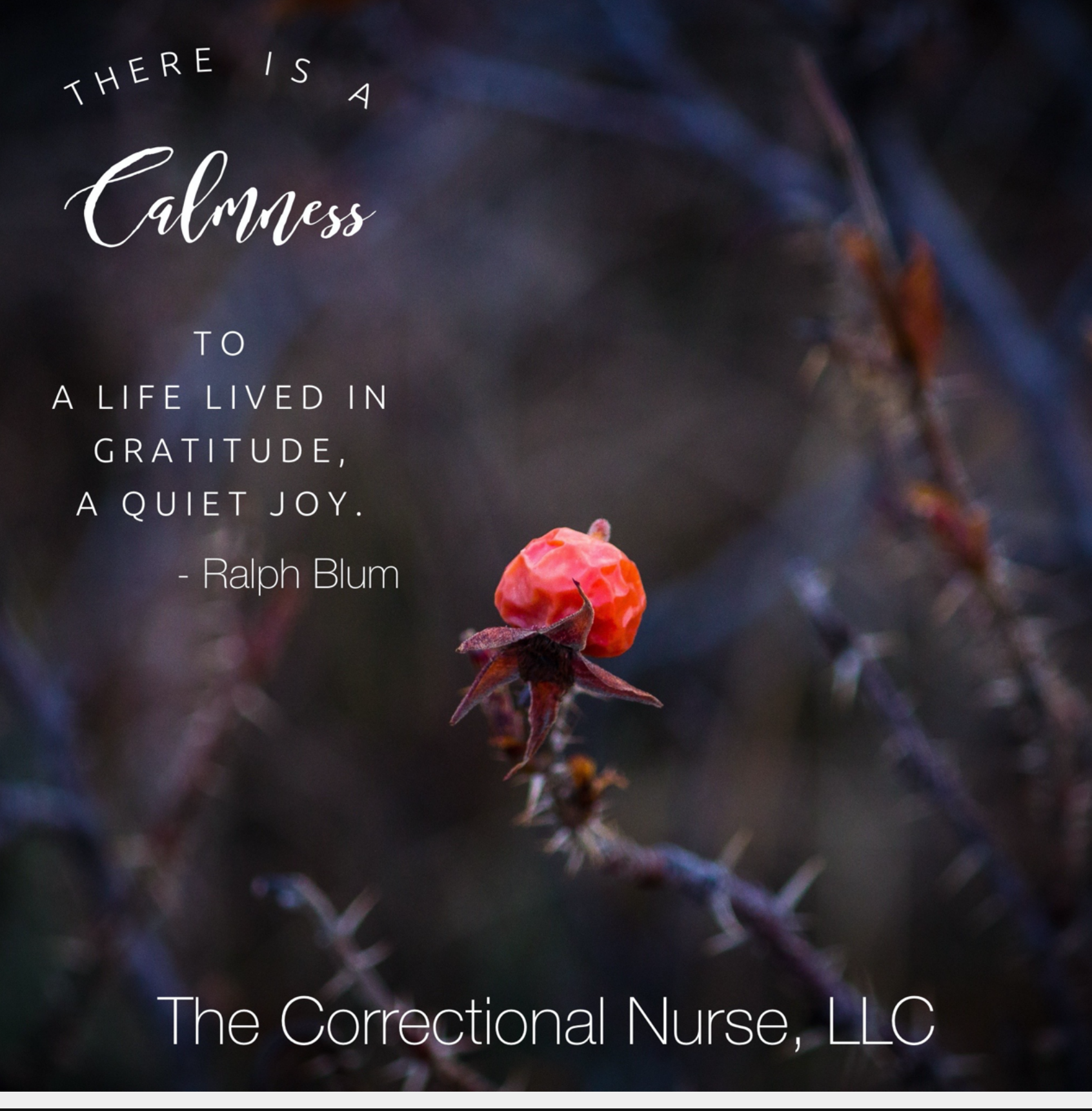
This month at [Nursing Behind the Wall](#), you will meet Mr. Cooper, a gentleman who presents with shoulder pain.

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



THERE IS A  
*Calmness*  
TO  
A LIFE LIVED IN  
GRATITUDE,  
A QUIET JOY.  
- Ralph Blum

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