



THE CORRECTIONAL NURSE

Inspiring

Professional Correctional Nursing Practice

November 2022

November is here, with its backwards-falling clocks for some areas of the country; its opportunity to remember service persons who have risked, and given, their lives for our freedom; and of course, our traditional time to give thanks. Most would agree that the years are getting shorter, as it seems like just yesterday, we were ushering in 2022. I feel like I was just sitting at the computer writing about those things I am grateful for in 2021...and my list hasn't changed!

So, instead of writing about those things for which I am thankful, I asked myself a different question this year. Do I act in such a way that others are grateful for me? Do I show kindness and respect, no matter how frustrating a situation may be? Do I think before I speak? Do I help my colleagues when I can, even if it is only covering for a few minutes to give them a short break? Do I take the time to actively listen during interactions with patients, colleagues and loved ones? Do I then respond thoughtfully? Do I make sure that the patient understands the patient education provided, and if they don't, do I approach the education from another angle until they do? Do I exemplify self-respect by ensuring that my well-being is a priority? Do I act without thought of reward or compensation, but rather because I identified a need that I could fulfill? Do I do what I say I am going to?

There are many more opportunities to make others grateful for you, and in this month of Thanksgiving and beyond, I challenge you to find ways in your home, work, and community to make others grateful for you! The rewards will be astounding!

Newsworthy Notes

The American Correctional Nurses Association has finished its Board of Directors election and continues planning member activities for 2023. If you are interested, they are always looking for volunteers to help on committees. Check out the [website](#)!

The ACA Winter Conference is set for January 27-31, 2023 in Orlando, Florida. Preliminary information can be found [here](#).

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 professional practice discussion will include using evidence-based practices in correctional nursing and impaired nurses. Our incarcerated veterans will also be discussed.

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 at The Correctional Nurse Educator is [Diabetes for the Correctional Nurse](#). I hope you enjoy it!

Remember that The Correctional Nurse will work with your group to provide accredited continuing education classes at a discounted and affordable cost.

VISIT THE CORRECTIONAL NURSE EDUCATOR NOW

Nursing Behind the Wall

This month at [Nursing Behind the Wall](#), you will meet Mr. Cushing, a gentleman with developing confusion.

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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The talking
OF THE SOUL WITH
ITSELF -PLATO

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