



# THE CORRECTIONAL NURSE

Inspiring

## Professional Correctional Nursing Practice

June 2023

Recently while my granddaughters were staying over for the weekend, my FaceBook feed had an advertisement for a card deck with prompts that parents could use to start a conversation with their children. Forgetting for a minute the ramifications of having to use an external source to have a meaningful conversation with one's child, I used an example prompt with my almost 8-year-old granddaughter, to see what her response would be. The question was, "What does it mean to be successful?" She responded very quickly, "when you accomplish something and are happy about it." I was blown away by her answer, as she based her success on how she felt about the activity, not how others felt about what she did. So often, I think, we look at ourselves through others' eyes and determine our self-worth/success not on what we think, but what we think others think of us and our actions.

How great would it be if we all decided that our measure of success was accomplishing a task and being happy about it? Yay, we completed the medpass in our allotted time. Yay, I saw all 10 people in Nurse Sick Call, even though there was a disturbance that put us back an hour. Yay, I am leaving my shift in Intake with no one waiting (triple Yay!!!!) Yay, I was able to counsel Mr. Jones and get him to take his medication, when he usually refuses all evening meds. Yay, I was able to recruit a wonderful candidate for the open position that has been vacant for two months! Yay, I enrolled in the BSN program! Yay, I passed the pathophysiology class! The yays can go on and on!

In retrospect, I think that card was probably for a teenager, but my granddaughter's almost 8-year-old answer was very wise, and actually changed my perspective on success (thus, I am sharing it with you). I challenge you to look at the way you define success. Is it working for you? If it is, great! But if not, perhaps you could reframe your definition of success to include being happy about your accomplishments, rather than as a reflection of how others view them. You truly are successful every day – acknowledge it! YAY!!

### Newsworthy Notes

The American Correctional Nurses Association continues planning for 2023. If you are interested, they are always looking for volunteers to help on committees. Check out the [website](#)! Also, I will be hosting a Zoom Open Forum for ACNA members on June 22, 2023, where we will be discussing all things Intake. I hope you can join me. More information will be available on the ACNA website.

Upcoming conferences include NCCHC Mental Health Conference - July 15-16; the American Correctional Association Conference - August 3-6. and the NCCHC Fall Conference September 30th - October 4, 2023.

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](#) we will be discussing Clinical Errors and Clinical Bias.

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!

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## Correctional Nurse Educator

Our 50% off featured class this month at The Correctional Nurse Educator is [Patient Education for the Correctional Nurse](#). I hope you enjoy it!

Remember 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. Adams, a gentleman with skin lesions.

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!

*Keri*

## Inspiration



THE BEST AND MOST BEAUTIFUL THINGS IN THE WORLD CANNOT BE SEEN OR EVEN TOUCHED - THEY MUST BE FELT WITH THE HEART.  
-HELEN KELLER

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