



THE CORRECTIONAL NURSE

Inspiring

Professional Correctional Nursing Practice

November 2024

Happy November!

I want you to know that I am very grateful to each of you for reading this Newsletter and I 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 also appreciate what you do every day, even if they don't always tell you.

Research has shown that the simple act of being grateful can reap enormous benefits in your life. [One 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 thinking about 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!

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

Newsorthy Notes

I am just so proud to share that Patricia Blair, PhD, JD, CCHP-RN, CCHP-A, a nurse, an attorney, educator, scholar, longtime champion for patients involved in the legal system and my colleague, is the new chair of the National Commission on Correctional Health Care Board of Representatives. Although she represents the American Bar Association on the NCCHC Board, she has always been a staunch advocate for nursing, and especially correctional nursing! This is the first time in many, many years that a nurse has chaired the NCCHC Board. Dr. Blair is a founding member and Parliamentarian of the American Correctional Nurses Association. Currently she is an associate professor in the graduate nursing program at the University of Texas Medical Branch, where she is working to develop a correctional nursing certificate and helping develop an interdisciplinary Correction Think Tank with other health professionals and the Texas Department of Criminal Justice. Her speech at the opening ceremony at the NCCHC Fall conference included the following, "I am committed to working to advocate for national standards, more comprehensive care, and a justice system that acknowledges the humanity of every individual it touches. Together, we have the power to bring about meaningful change—not just in the lives of those behind bars but in the health and well-being of our nation as a whole."

Congratulations Patricia!!

The next American Correctional Nurses Association OPEN FORUM will be held on November 21, 2024. Check the ACNA Website for the topic of the month. We have been having some very interesting conversations, and I invite you to become a member of ACNA and attend our Open Forum. Check out the [website!](#)

Upcoming conferences

[ACA](#) Winter Conference January 10-14, 2025 in Orlando, FL

[NCCHC](#) Spring Conference April 5 - 8, 2025 in Louisville, KY

[American Jail Association](#) May 17-21, 2025 in Fort Worth, TX

CorrectionalNurse.Net

This month at [CorrectionalNurse.Net](#) we will be discussing the clinical topics of Excited Delirium and Red Eye, and professional topics like continuing education and professional development, and Failure to Rescue.

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 *Chronic Obstructive Pulmonary Disease for the Correctional Nurse*. I hope you enjoy it!

Remember The Correctional Nurse Educator will work with your group to provide quality, 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. Ochoa, a patient with a painful rash.

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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