

THE NURSE'S CAP

Newsletter of the Indian Health Nurse Heroes

NEWS & FEATURES

Nurses: A Voice to Lead-
A vision for future
healthcare

PAGE 1

Leadership Profile:
A Nurse Hero

PAGE 2

Spirit Days: Themes

PAGE 3

The Wellness Corner

PAGE 4 & 5

Laughter is the Best
Medicine

PAGE 6

Get to know DNS Staff

PAGE 7



Nurses: A Voice to Lead- A Vision for Future Healthcare

BY ARDITH ASPAAS, EMSC NURSE CONSULTANT

The Year of the Nurse was in 2020, however, 2021 is shaping up to carry the same cadence for nurses worldwide. The Division of Nursing Services staff have put together a newsletter to celebrate Nurses' Week alongside IHS nurses across the agency.

This year's theme for International Nurses Day, illuminates a nurse's leadership and the central role nurses have in healthcare today.



Leadership Profile: Florence Nightingale

BY ARDITH ASPAAS, EMSC NURSE CONSULTANT

Florence Nightingale said, "To be 'in charge' is not only to carry out the proper measures yourself, but to see that everyone else does too." Although these words were possibly uttered over 150 years ago, they still are true today. Nightingale is known as the founder of modern nursing, the pandemic of her day was war. She established hygiene practices and sanitation standards which resulted in many lives saved.

Today, it is hard to talk about nursing and leadership without referring to the COVID-19 Pandemic. Every nurse has surely stepped into a leadership role at some point to help wade through the initial uncertainties of this mysterious disease. Now that we are one year into this pandemic, nurses have established a foundational knowledge and carved out best practices for caring for the COVID patient; much like Florence Nightingale of her time. The nurses of IHS are a part of this corps of nurse leaders, answering the call, and carrying the "lamp of light" to lead the way.

"There's a saying that crisis develops leaders, but I think what it really does is reveal them."

Anne Chow

CEO OF AT&T BUSINESS ON
LEADERSHIP
MISCONCEPTIONS



NURSES WEEK!!! 2021

Spirit Themes! / Get involved! / Show Your Pride! / Plan your week!



MAY 6, THURSDAY

Here's the SCOOP. Write a thank you note explaining why your nurse co-worker is the greatest and give it to them today. Benefits of showing gratitude include: improving self-esteem, increasing resiliency, elevating your mood, and improving your immunefunction.



MAY 7, FRIDAY

Wear your nurse's cap. The nursing cap was originally used by Florence Nightingale in the 1800s. The nursing cap is a universally recognized symbol of nursing, and is a symbol of the profession's unwavering values of dedication, honesty, and wisdom. See the link for how to make a nursing cap of your own. <https://youtu.be/4a8SfUCy39Y>



MAY 10, MONDAY

MONDAY: CrAzY Sock Day! Coordinate with your fellow nurses to wear crazy socks. This boosts confidence, creates a positive environment, and even improves efficiency.



MAY 11, TUESDAY

TUESDAY: Tie-dye Tuesday! Wear those groovy colors and think about the era that ushered nursing such as ICUs, cardiac care, advanced practice nursing (APNs), and gained federal support for nursing education.



MAY 12, WEDNESDAY

WEDNESDAY: Sports Day- wear your favorite sports team lanyard, socks, jersey, shirt, or pin. It can be college, professional, minor league, football, soccer, hockey, baseball, softball, or local team. Show your team pride!

THE WELLNESS CORNER

EAT WELL, MOVE WELL, SLEEP WELL



Make self-care a priority

Written by Ardith Aspas, EMSC Nurse Consultant

Making self-care a priority may sound easy enough. However, for nurses, this can be especially difficult at times. A nurse is pulled in all directions, called upon to take care of the physical and emotional needs of every patient; while providing moral support to families unable to be at their loved one's bedside. Still every nurse endures, taxing and testing as it may be, a nurse keeps moving forward.

Stop and take a moment. Take a deep breath. Breath in through your nose, hold it for a count of three, then exhale slowly. Take another deep breath, then three more. Try to be present in your moment. How do you feel now? This simple act is called mindful breathing, and helps reduce stress in the shoulders and back. Less stress also means better sleep. This is one of many ways to incorporate self-care into your daily practice.

For more self-care tips and stories, visit the ANA's webpage [Honoring the Importance of Self-Care](#).

**REPLENISH, REJUVENATE,
REVITALIZE... YOU ARE
WORTH IT!**

*"Knowing is not enough,
we must apply. Willing is
not enough, we must
do." — Bruce Lee*

*"Care for your
psyche...know thyself,
for once we know
ourselves, we may learn
how to care for
ourselves" - Socrates*

Move Well with Yoga

Brought to you by Federal Occupational Health

TUESDAY, MAY 11, 2021

3:00PM- 3:30PM ET Description:

Description: Gentle stretching is geared specifically for those new to yoga or those who are interested in a gentle movement practice. This class incorporates simple flowing sequences to warm up the body, as well as slower paced movements focusing on alignment, strength, balance, and flexibility. To participate, fill out the waiver, which will be sent out via email or you may contact

Ms. Jolene Tom at jolene.tom@ihs.gov



EAT WELL WITH MEAL PLANNING



Phoenix Indian Medical Center

**Tuesday May 11, 2021
1pm to 2pm ET**

Description: When life gets busy, a little meal planning can make a huge impact. Take part in this nutrition seminar for tips on planning healthier meal options for busy schedules. Suggestions will include tips for meal planning, grocery shopping, avoiding fad diets, and ways to increase vegetables and snack options. Lt. McCabe is a Registered Dietician Nutritionist and will take questions from attendees. The presentation will also be recorded to allow for all to view at their convenience.

To join the webinar: [HTTPS://IHS.COSOCLOUD.COM/NUTRITION-SEMINAR/](https://ihs.cosocloud.com/nutrition-seminar/)

LAUGHTER IS THE BEST MEDICINE

LAUGH AND THE WORLD LAUGHS WITH YOU



Q: What's it called when a hospital runs out of maternity nurses?

A: A mid-wife crisis!

Q: Why do nurses bring red magic markers to work?

A: In case they have to draw blood.

Q: What is the opposite of you're out?

A: Urine

The nurse who can smile when things go wrong... is probably going off duty.

"Laughter strengthens your immune system, boosts mood, diminishes pain, and protects you from the damaging effects of stress."

-helpguide.org

GET TO KNOW DNS STAFF

Can You Match the DNS Staff Member with the Fun Fact About Them?

A) I attended military school during my high school years, my claim to fame is appearing in a "rez" boy band movie- can you guess which one?

B) I love to ride dirt bikes with my son!

C) I enjoy watching Major League Baseball games and was a big fan of the Baltimore Orioles when Manny Machado played at third base (Camden Yards is the best place for a hot dog or a crab cake sandwich). Can't wait for the opportunity to attend Spring Training games in the future again.

D) I have a daughter that plays professional soccer.

E) I got to attend Super Bowl XLIX in 2015.



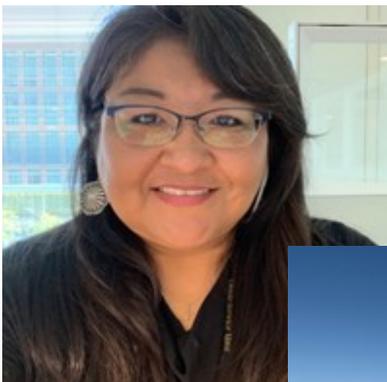
Capt. Stacey Dawson



Ardith Aspaas



Tina Tah



Jolene Tom



Capt.
Carol Lincoln