



NATIONAL NURSES

WEEK

MAY 6 - 12, 2023



HAPPY NURSES WEEK!

National Nurses Week is an exciting time for nurses worldwide and our collective time to recognize IHS nurses who continually work at every level of healthcare, championing patient needs at the bedside to overseeing the administrative, financial, and operational controls at the executive level. This week nurses celebrate each other and reflect on the important values that guide and motivate us to continue moving forward as a workforce. Nurses Week allows us the opportunity to highlight nurses and encourage them to reflect and grow in their practice and recognize and honor each other as a vital part of the IHS team.

This Nurses Week special edition newsletter is dedicated to all IHS, tribal and urban Indian organization nurses. Thank you for your tireless hard work and dedication.

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NATIONAL NURSES WEEK

Capt. Carol S. Lincoln will be retiring from the U.S. Public Health Service with 30 years of service on June 1, 2023. Capt. Lincoln's unwavering dedication to IHS and serving American Indian/Alaska Native populations has been her primary motivation throughout her career and inspired her advocacy to ensure representation and inclusivity of AI/AN people in every agency she has been assigned.

Under her leadership at IHS, IHS nursing has reconnected with nurses throughout the I/T/U, including strengthening the partnership with nurse leaders and the National Nurse Leadership Council. She worked to update the nursing pay scale, prioritized and aligned Nursing with current administration goals by collaborating with national organizations and agency partners, and she created new critically needed positions within the Division to increase services and expertise offered to the field. Capt. Lincoln further led efforts to achieve Geriatric Emergency Department Accreditation in six IHS and two tribal Emergency Departments establishing a standard of care for AI/AN elders. These are only a few of Capt. Lincoln's many achievements, she is a remarkable advocate for nurses across the I/T/U and for moving IHS nursing forward. Significant and strategic accomplishments such as these are impactful for IHS nurses now and will have a lasting impact on the future of IHS nursing.

As nurses in IHS we must support each other and continue to progress forward.

We can support each other through recognition, community engagement, support for professional growth through education and training, or with reminders for self-care. When we are strong, our care delivery has a solid foundation and is reflected in the care we provide to our patients and the communities we serve.

Take time this week to enjoy planned National Nurses Week activities and remember "You make a difference!" Thank you Capt. Lincoln, for your unwavering commitment to IHS Nursing and IHS as a whole after 30 years of service starting as a COSTEP in Albuquerque, New Mexico. Fair winds and following seas...

This special tribute has been dedicated to Capt. Lincoln from Ardith Aspaas, Emergency Medical Services for Children Nurse Consultant, Indian Health Service Headquarters.



NURSES WEEK DAILY FOCUS



Saturday, May 6 - National Nurse's Day

To kick off Nurses Week, plan a weekend of rest and rejuvenation. Have a special meal and share with friends and family or fellow nurses and take time for your favorite things this weekend!



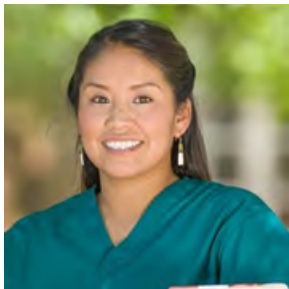
Monday, May 8 - Self Care

Prioritize wellness into your daily routine and inspire others to do the same! Plan wellness walks or brief mindful meditation sessions on your lunch break with co-workers to create a culture of wellness in your work environment.



Tuesday, May 9 - Recognition

Recognition goes a long way! Take time to recognize a fellow nurse, write a note of gratitude for their contributions! Take a moment to self-reflect and recognize your own contributions for all that you do for patients and families each day.



Wednesday, May 10 - Professional Development

Make plans to attend the free National Nurses Month webinar, "[Asking and Advocating for What Nurses Need](#)", and explore additional free continuing education offered by the [American Nurses Association](#) website.



Thursday, May 11 - Community Engagement

Increase awareness of the Nursing profession through engaging with a local community school, sharing information related to Nursing to promote future nurses through presentations to classrooms or setting up a booth in the lunch room.

Friday, May 12 - International Nurses Day

As Nurses week closes, explore opportunities and variances across the world in the Nursing profession. Consider sharing your work promoting culturally appropriate care delivery for the American Indian and Alaska Native population with local hospitals and professional organizations outside of IHS, share knowledge and spread awareness.

Reflections on Nursing Practice in IHS

Emergency Medical Services



**Monique Summers, BSN, RN,
CLC, Nurse Educator,
Training Coordinator
Crow Northern Cheyenne
Hospital**

Being a nurse for IHS is an adventure! Some days are hard, but having the chance to make a difference in our community is its own reward. Every day we have the opportunity to be surrounded by culture, healing, and wholeness. Often times the world focuses on the negatives, I see the beauty. The people, the culture, the traditions. Our days are busy. Most days we hit the floor running and before you know it, it's time to go home. We're a family. We work hard and we play hard together. We're living our best lives!

Public Health Nursing



Patty Taylor, RN, BSN-PHN

Being a Public Health Nurse at IHS has been the best nursing job ever; it is a perfect mix of teaching, preventative care, and treatment interventions. I love how the relationship-based care model is applied. It is great that I get to work with families, from babies not yet born to grandparents. It is wonderful to know that I can be someone's nurse for all the different stages of life and the seasons that families go through. The opportunity to travel to people's homes and their community gives me the flexibility and freedom to meet the patients wherever they are to take care of their needs. Learning about and being able to encourage traditional practices in coordination with up-to-date clinical care is the way to care for the whole person, whole family and whole community- that is always my goal.

Reflections on Nursing Practice in IHS

Forensic Nursing



Susan Gorba, BSN, RN, SANE-A, SANE-P
Forensic Nursing Services
Manager
Norton Sound Health
Corporation
Nome, Alaska

My superpower is HOPE. Hope is a “feeling of expectation and desire for a certain thing to happen.” Every day, I care for patients who are victims of violence in rural Alaska. They may have just been injured during an event of intimate partner violence, strangulation, or sexual assault. They may be a child, an adolescent, or an adult; female or male. They may be hopeless at the time, but I can share my hope with them. These patients go through personal trauma, affecting the brain, body, and spirit. The healing process after trauma is difficult, not every step may be forward. Survivors must choose to move forward and be resilient. Working as a team with advocacy, law enforcement, behavioral health we help survivors take steps forward. Offering hope is a calling and standing with survivors of trauma is a superpower.

Advanced Practice Nursing



Belinda Anderson, FNP-C,
PMHNP-BC
Phoenix Indian Medical
Center
Behavioral Health
Department
Phoenix, AZ

I have four core superpowers. Resilience, being able to recover from failure, or difficulties. I ask myself, how else can I get this accomplished? Or, what resources are needed to be successful moving forward? **Stamina,** being able to endure the challenges of being in healthcare in the 80’s when an infection called non-A and non-B hepatitis (later called Hepatitis-C) was around, and when HIV hit the US. This caused nurses to fear bedside nursing when patients needed us most. Understanding my **purpose** on earth is to be a servant leader for my faith, and nursing aligns with that purpose wonderfully. Being **grateful** for where I stand in any moment of my day. I am usually in a grateful, productive, and motivated mental head space. The field of nursing has allowed me to serve, grow, and connect with people from all walks of life. I would not change a thing.

The National Nurse Leadership Council

Representative of Nursing within the Indian Health System



2023 NNLC OFFICERS

Chair - Dayle Knutson, BSN, RN

Secretary - Commander Loretta Haven, PHN

Co-Chair - Alonna Adair, RN, MSN

Parliamentarian - Dr. Susan Ducore, DNP, MSN, PHN

The current NNLC membership is representative of nursing within the Indian Health Service and includes nurses with backgrounds in public health, nurse recruitment, women's health, advanced practice nursing, forensic health, nursing education, or serve in supervisory roles. Each of the twelve IHS Areas (except Alaska and Tucson) has a NNLC representative - the Area Nurse Consultant. The NNLC is also comprised of the IHS Headquarters Division of Nursing Services (DNS) Nurse Consultants. The IHS DNS Director is an ex-officio member of the NNLC.

Follow the link to learn more - [National Nurse Leadership Council \(NNLC\)](#) | [Indian Health Service \(IHS\)](#)

Mission:

The National Nurse Leadership Council provides leadership for Indian Health through advocacy, accountability, communication and integrity.

Vision:

Is the voice within IHS that defines healthcare

Act as stewards for all of healthcare

Leads Indian Health Care into the future

Values:

Advocacy,
Accountability,
Commitment,
Communication,
Integrity,
Leadership,
Visibility, Vision

YOU MAKE A DIFFERENCE!!!

