

HAPPY NURSES WEEK!

Honoring the Nurse Heroes across the Indian Health System



Red Lake Hospital, Red Lake, Minnesota, Outpatient Nursing Group

A Message from the IHS Chief Medical Officer

by Dr. Loretta Christensen, IHS Headquarters

As we start the celebration of Nurses Week 2022, **Nurses Make a Difference - You Make a Difference**, I want to take this opportunity to thank you for the work you do each day. Every day you impact the lives of so many people with the care you provide, with kind words and a gentle touch. It takes an extraordinary person to care for others and share your heart. Every day, *You* make a difference; with strength, humanity, compassion, and love.

With the deepest gratitude and appreciation, we celebrate nursing this week and every day.

WHAT YOU'LL FIND INSIDE:

- **NURSES WEEK ACTIVITIES**
- **NURSE SPOTLIGHTS**



Nurses Week Activities

DNS is excited to celebrate Nurses Week and the theme **Nurses Make a Difference** highlights and honors the varying roles of nurses and their positive impact on the lives of American Indian/Alaska Natives. The week will be divided into four daily focus areas — Self-Care, Recognition, Professional Development, and Community Engagement.

MAY 6, Friday- Day 1: Nurses Day

Theme: Self-care

Check out our banner on the IHS.gov
Visit the American Nurses Association website for free webinars and resources on self-care.
<https://nursesmonth.org/honoring-the-importance-of-self-care/>

MAY 9, Monday- Day 2: National Student Nurses Day

Theme: Recognition

See the IHS social media post on Facebook, Twitter, LinkedIn, recognizing Joshua Billy for National Student Nurses Day. Visit IHS.gov for more information on the IHS Scholarship Program and the American Indians into Nursing Program at <https://www.ihs.gov/careerops/studentopportunities/>

MAY 10, Tuesday- Day 3

Theme: Professional Development

Read a blog on professional development by Captain Deborah Price, DNP, MPH, Chief Clinical Consultant for Advanced Practice Nursing on the IHS blog webpage.

MAY 11, Wednesday- Day 4: National School Nurse Day

Theme: Community Engagement

See the IHS social media post at Facebook, Twitter, LinkedIn for a feature on Joan Gaerlan, RN, School Nurse at Sherman Indian High School Clinic.

MAY 12, Thursday- Day 5: International Nurses Day and Florence Nightingale's Birthday

See the National Today website for fun facts on National Nurses Day and Nursing history at <https://nationaltoday.com/national-nurses-day/>

MAY 18, Wednesday - ANA is hosting a FREE virtual party and story jam for you and a few thousand of your nurse friends and colleagues. Earn 4.0 CNE

MAY 18, 2022, 1:00 P.M. (ET)

The objectives for the YOU Make a Difference — the LIVE Nurses Event is to:

- Recognize and celebrate the nursing profession
- Connect through storytelling
- Learn how your story can make a difference to improve your communities and nursing



Phoenix Indian Medical Center, Phoenix, Arizona Post Anesthesia Care Unit and Same Day Surgery Nursing Staff



Blackfeet Community Hospital, Browning, Montana Public Health Nursing Group



Northern Navajo Medical Center, Shiprock, New Mexico Emergency Department Nursing Staff

Nurse Spotlight: Nursing Student

by Joshua Billy, Student Nurse, University of Arizona, College of Nursing

What is your motivation and purpose in becoming a nurse?

"One thing I remember about my childhood while growing up in the Navajo Nation is how prevalent dirt roads are—riding the bus after school was a joy because of how bumpy the roads were. I did not realize that a pleasurable experience for me would ultimately harm others. When one of my patients discussed losing one of their children to an asthma exacerbation because of how long it would have taken to receive care based on where they lived, my perspective on healthcare changed. As someone who grew up with asthma, I am privileged to have my life still. Therefore, it is my responsibility to reflect on my experiences and utilize the knowledge I have obtained to heal those that our healthcare system continues to marginalize."

The Indians in Nursing: Career and Advancement Transition Scholars (INCATS) program is a five-year project designed to increase the number of American Indian/Alaska Native BSN and Advanced Practice Nurses who will practice in tribal facilities. The program creates new pathways for Associate Degree Nurses to advance their careers and build new tribal-academic-practice collaborations that expand the Native American nursing workforce, preparing them to improve the care of Native populations. The Grant funding source for this program is the Indian Health Service, Section 112 Scholarship.

Nurse Opportunities with Health Resources and Services Administration

by Aimee Hart, Member, Applicant, and Grantee Resources Branch, Division of External Affairs, Bureau of Health Workforce, Health Resources and Services Administration

The Health Resources and Services Administration supports nurses through loan repayment and scholarship programs to help meet the needs of rural and underserved communities.

Learn more at <https://bhw.hrsa.gov/nursing-programs>.

HRSA helps place nurses at IHS and Tribal clinics. The loan repayment and scholarship programs have the dual effect of helping increase representation and culturally-competent care at our nation's Tribal health centers.



"...it is my responsibility to reflect on my experiences and utilize the knowledge I have obtained to heal..."

- In FY 2021, of the total new National Health Service Corps awards made to IHS, Tribal Clinic, and Urban Indian Health Clinic sites, 22% were nurses.
- In FY 2021, of the 135 nurses who received National Health Service Corps or Nurse Corps funding, nearly 15% are certified nurse midwives.



Nurse Spotlight: Advanced Practice Nursing

by Captain Deborah Price, DNP, MPH, Chief Clinical Consultant for Advanced Practice Nursing , Phoenix Indian Medical Center, Phoenix, Arizona

Advanced Practice Nurses (APNs) share roots as Registered Nurses who have completed advanced degrees at the master's or doctoral level and have advanced clinical training beyond their initial RN preparation. APNs can be proud of a rich tradition of providing care to vulnerable populations. APNs are the health partner of choice for millions of Americans, including many served by IHS, reflecting nursing's status as the most trusted profession in America!

APNs are making a difference throughout IHS- from urban and rural hospitals to remote health stations to school-based clinics-bringing their caring presence to all they serve. APNs blend their nursing values and focus on the health and well-being of the whole person with medical expertise in diagnosis and treatment. Nurse Practitioners (NP) make up the largest share of APNs in IHS, providing primary and specialty care across the age spectrum in diverse settings.

Thank you to all APNs dedicated to serving the IHS mission.

"APNs are the health partner of choice..."

Nurse Spotlight: School Nursing

by Joan Gaerlan, RN, School Nurse, Sherman Indian High School Clinic, Riverside, California

We recognize what nurses do beyond the bedside. School nursing is a specialized practice of public health nursing which aims to protect and promote student health, facilitate normal development, and advance academic success.

Ms. Joan Gaerlan is the School Nurse at the Sherman Indian High School Clinic. Sherman Indian High School (SIHS) is an off-reservation boarding school for American Indian and Alaska Native high school students in Riverside, California. About 68% of the high school students come from reservations throughout the United States. The remaining students come from urban or suburban locations. SIHS currently has approximately 270 enrolled students. Before the COVID-19 pandemic, there were over 400 students enrolled every year.

The National Association of School Nurses' vision is that all students are healthy, safe, and ready to learn. In this effort, Ms. Gaerlan provides the following tasks: triage and assess students to determine the level of care needed; respond to campus emergencies; administer medications and vaccines; support healthy lifestyles such as monitoring blood pressure and providing contraception counseling; and training (for example, seizure first aid care, basic first aid, and bandage techniques). Thank you to the School Nurses!!!!



"The National Association of School Nurses' vision is that all students are healthy, safe, and ready to learn."

Self-Care Isn't Selfish: Make a Difference for Yourself, Make a Difference for Others

by Captain Stacey Dawson, PhD, MSN, CNM, Women's Health/APN Consultant
IHS Headquarters

Have you ever felt guilty for taking the time to take care of yourself? Feeling this guilt is a key reason people don't engage in self-care activities as often as they should. Thoughts or feelings of guilt often manifest as apologizing for taking time for yourself, feeling like you are being selfish, or pushing off self-care to do things you deem more productive. Nurses especially tend to minimize their own needs as they prioritize the needs of others throughout the day. A growing body of psychological research demonstrates how day-to-day stressors can cause burnout, harm productivity, and alter mood and emotional well-being. Self-care can be as simple as scheduling a break or an enjoyable activity in your busy schedule to help recharge your battery. This week, we encourage you to reflect on how you can practice self-care to make a difference for yourself so that you can make a difference for others.

The American Nurses Association is offering free webinars and resources on self-care. Learn more at <https://nursesmonth.org/honoring-the-importance-of-self-care/>

Professional Development

NetCE and IHS have teamed up to help nurses meet their continuing education requirements. Each member can access the unlimited subscription and entire course library by visiting www.netce.com, registering or signing in with an existing account, and entering or activating the group code associated with their region. The group code for your region is available by contacting your Area Nurse Consultant. This nurse online training resource is only available for federal nursing programs (if you belong to a tribal program, your program may reach out directly to NetCE to request information on how your program can obtain this resource.)

The following links also offer options for free CEs and do not require a paid subscription.

[Free Nursing CE Courses | NursingCE](#)

[RedMedEd CE Catalog](#)

[Upcoming Webinars | Tele Education \(ihs.gov\)](#)

[On-Demand Training | Tele Education \(ihs.gov\)](#)

[Diabetes Online CME/CE Education | CME/CE Online Education \(ihs.gov\)](#)

[CEConnection for Nursing : Nurses Month 2022: Nurses Make a Difference](#)



Gallup Indian Medical Center, Gallup, New Mexico General Surgery Unit, Left to Right: Nicole Burke, Ernesto Gonzalez, Sally Silva, RoseMary Ramone, Loutricia Caballero

**"Make a Difference
for Yourself"**



Breanna Hutcheson, RN, Director of Public Health Nursing, Pawnee Service Unit

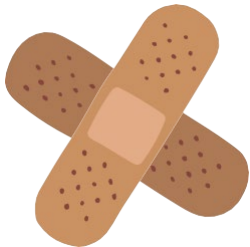
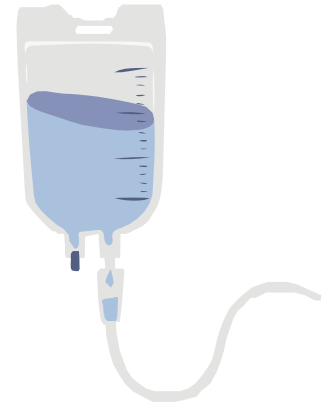


Nurses Make a Difference

American Nurses Association

Nurses: A Voice to Lead –
Invest in nursing and
respect rights to secure
global health

The International Council of Nurses

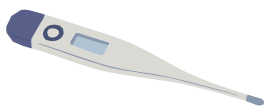


Rooted in Strength

American Association of Critical-Care Nurses

Nursing the
World Back to
Health

The International Council of Nurses



The 2022 nursing themes from notable nursing associations and councils represent the strength of nursing across the health spectrum. They are direct reflections of nursing values, integrity, commitment, and goals. They are our mantras for success and strength, rallying and celebrating us. Let us continue celebrating each other this week, this month, and every day this year. Happy Nurses Week!

