

1913-2013

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Thoughts from the Executive Administrator...

Hello everyone,

The last quarter has been busy for the Board of Nursing. Here is an overview of some of the information contained in this newsletter.

We have committee and Board member vacancies. Both meet quarterly and there is always information to review before attending the meetings. There is an article that lists the

regarding nursing practice in Kansas.

vacancies we presently have, **Carol Moreland** along with the information about applying as a committee or Board member. I hope some of you are interested in serving as a committee member or Board member. It is a wonderful learning experience and a great way to share your expertise when decisions are made

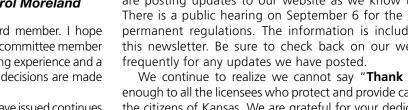
The number of multistate licenses we have issued continues to increase. Presently we have 1,553 LPNs and 13,272 RNs with multistate licenses. As a reminder a nurse with a multistate license issued by any state in the Nurse Licensure Compact (NLC) can practice in any of the states in the NLC. If you have a single state license in Kansas and want to obtain a multistate license you need to submit an application and provide all the required documentation, which includes fingerprints.

S. Sub. For HB 2477 was passed by the Legislature and signed into law by Governor Kelly. This is the bill that includes changes for APRN licensure and practice in Kansas. The KSBN staff have been busy getting everything in place for the July 1, 2022, timeline for implementation of everything but the requirement for national certification. On June 30, 2022, the State Rules and Records Board only approved three of the seven temporary regulations that need to be in place to proceed with the implementation. We are presently unable to implement all the changes due to that decision. The information on our website explains in more detail. We are posting updates to our website as we know them. There is a public hearing on September 6 for the seven permanent regulations. The information is included in this newsletter. Be sure to check back on our website

We continue to realize we cannot say "Thank You" enough to all the licensees who protect and provide care for the citizens of Kansas. We are grateful for your dedication to the nursing profession.

If you have ideas about information you would like to see in the quarterly newsletter, email them to me at <u>carol.moreland@ks.gov</u>. Thank you for all your continued support.

Carol Moreland, MSN, RN



Board Member Openings

The mission of the Board of Nursing is to assure the citizens of Kansas safe and competent practice by nurses and mental health technicians. The Board is composed of eleven members appointed by the Governor and meets quarterly in Topeka. There are quarterly committee meetings that occur during the same week as the Board meeting. The commitment of a Board member is to review information prior to and attend the assigned quarterly committee and Board meetings. Six members shall be registered nurses, two shall be licensed practical nurses and three shall be members of the general public. Each appointment as a Board member is a four-year term.

Each member shall be a citizen of the United States and a resident of the state of Kansas. The RN Board members shall be licensed to practice as a registered nurse in Kansas with at least five years' experience in nursing and shall be actively engaged in nursing in Kansas at the time of appointment.

Currently we have four openings on the Board for the following:

- One registered nurse position involved in nursing education
- One registered nurse position involved in nursing practice
- Two public member positions to represent the interest of the general public

If you meet the qualifications listed above and are interested in serving as a Board member, you will find more information and the application at:

https://governor.kansas.gov/serving-kansans/office-of-appointments/

Change of Name

My name is different from the name on my nursing license. What do I need to do to get it changed on my nursing license?

K.A.R. 60-3-103 states "if an applicant for licensure or a licensee changes that individual's name after submitting an application or obtaining a license, the applicant or licensee shall submit legal documentation or an affidavit indicating the change of name upon a form approved by the board.

The applicant or licensee shall submit the document to the board within 30 days of the change."

The form and directions for changing your name is located on our website: www.ksbn.kansas.gov. On our home page scroll down until the see the icon titled **Name Change**. Click on it and the form and directions will be displayed. Follow the directions and **mail the notarized form** to the address listed on the form.



Julianna Rieschick, RN, MSN, NEA-BC, President 07/01/2017 – 06/30/2025 julianna.rieschick@ks.gov

Rebecca Sander, MSN, RN, Vice President 07/28/2016 – 07/30/2024

Adri Gouldsmith, LPN, Secretary 07/01/2019 – 06/30/2023

Patricia Zeller, MSN, APRN, NP-C 07/18/2014 - 06/30/2022

Gita Noble, Public Member 07/01/2018 - 06/30-2022

Jade Ramsdell, Public Member 07/01/2019 – 06/30/2023

Andrea Watson, RN 07/01/2020 – 06/30/2024

Geovannie Gone, Public Member 07/01/2020 – 06/30/2024

Lori Owen, LPN 07/01/2021 – 06/30/2025

Melissa Oropeza, DNP, APRN-BC, CGRN 07/01/2021 – 06/30/2025

KSBN Committee Applications

Appointments are to be made for the KSBN committees after the September board meeting. The committees which will have vacancies are listed below. If an individual wishes to be considered for a committee, please complete the application located on the KSBN website, attach your vitae and return to the Kansas State Board of Nursing by August 31, 2022

Applications may be faxed to (785) 296-3929, e-mailed jill.simons@ks.gov or mail to KSBN Committee Application, 900 SW Jackson, Suite 1051, Topeka, KS 66612-1230.

Continuing Nursing Education/IV Therapy Advisory Committee – 1 position

Qualifications: CNE Provider and/or IV Therapy Provider

Education Committee – 2 positions

Qualifications:

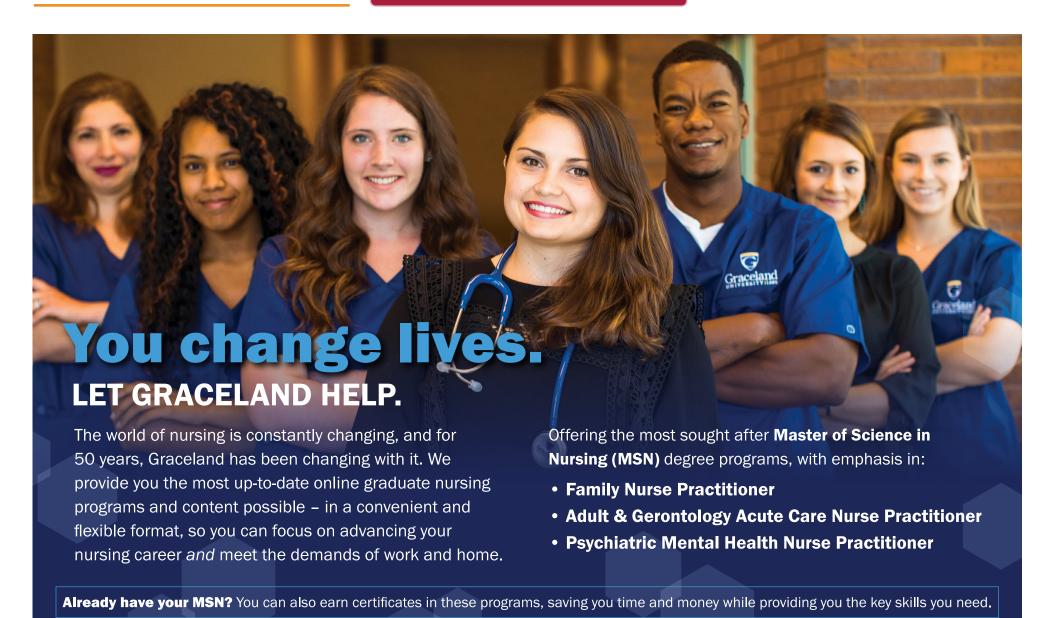
- Position 1: Represent BSN Nursing Program
- Position 2: Represent LPN Nursing Program

NURSE STATISTICS

License Type	Total
Clinical Nurse Specialist	397
Licensed Mental Health Technician	57
Licensed Practical Nurse - Multi-State	1553
Licensed Practical Nurse - Single-State	7947
Nurse Midwife	94
Nurse Practitioner	6524
Registered Nurse - Multi-State	13272
Registered Nurse - Single-State	40185
Registered Nurse Anesthetist	1272
Total	71301

KNAP has an operational website:

www.ksnurseassistance.org





800.833.0524 | admissions@graceland.edu www.graceland.edu/nursing Kansas State Board of Nursing Landon State Office Building 900 SW Jackson St., Suite 1051 Topeka, KS 66612-1230



Fax: 785-296-3929 www.ksbn.org

Laura Kelly, Governor

Phone: 785-296-4929

Carol Moreland, MSN, RN **Executive Administrator**

Kansas State Board of Nursing

June 20, 2022

A public hearing will be conducted at 10:00 A.M. Tuesday, September 6, 2022, in Room 560 of the Landon State Office Building, 900 S.W. Jackson St., Topeka, KS to consider the adoption of proposed changes in seven existing regulations relating to licensure and practice of Advanced Practice Registered Nurses (APRNs).

This 60-day notice of the public hearing shall constitute a public comment period for the purpose of receiving written public comments on the proposed regulations. All interested parties may submit written comments prior to the hearing to the Executive Administrator of the Kansas State Board of Nursing, 900 S.W. Jackson St., Room 1051, Topeka KS 66612 or by email to <u>carol.moreland@ks.gov</u>. All interested parties will be given a reasonable opportunity to present their views orally regarding the adoption of the proposed regulations during the public hearing. Phone comments will be taken by calling 1-877-278-8686 (access code 266223) at the time of the hearing. In order to provide all parties an opportunity to present their views, it may be necessary to request that each participant limit any oral presentation to five minutes.

Any individual with a disability may request an accommodation in order to participate in the public hearing and may request the proposed regulations and economic impact statement in an accessible format. Requests for accommodation to participate in the hearing should be made at least five working days in advance of the hearing by contacting Carol Moreland at (785) 296-5752. The north entrance to the Landon State Office Building is handicapped accessible. Handicapped parking is located at the north end of the Landon State Office Building, across the street from the north entrance to the building, and on Ninth Street, just around the corner from the north entrance to the building.

A summary of the proposed regulations and the economic impact follows. A copy of the proposed regulations and associated economic impact statement may be obtained by accessing the Kansas State Board of Nursing website at https://ksbn.kansas.gov or by contacting the Executive Administrator of the Kansas State Board of Nursing, Landon State Office Building, 900 S.W. Jackson St., Room 1051, Topeka, KS 66612, (785) 296-5752, or carol.moreland@ ks.gov prior to the date of the hearing.

K.A.R. 60-11-101. Definition of expanded role. The proposed revisions for this regulation delete the definition for a collaborative agreement with a responsible physician for licensed APRNs to practice in Kansas. The definitions of authorization for collaborative practice, physician, prescription and prescription order will be deleted. There is no economic impact difference to the Board of Nursing. Communication of the changes can be communicated to APRNs and stakeholders via existing communication venues. This change will eliminate the barrier that requires APRNs to have a collaborative agreement with a responsible physician. There may be some economic impact on businesses and the general public as there will be increased access to healthcare for the citizens of Kansas.

K.A.R. 60-11-103. Licensure and educational requirements for advanced practice registered nurses. The proposed revision adds language about the requirement for proof of APRN certification in the applicant's specific role and population focus for initial licensure applications submitted on and after July 1, 2023. Language was also added regarding the requirement to submit proof of malpractice insurance coverage if the applicant renders professional clinical services as an APRN, unless the APRN meets one of the exceptions listed in K.S.A. 65-1130 as amended by S Sub for HB 2279. The economic impact to the Board of Nursing is expenditure costs to update our licensing software to have the ability to document the proof of national certification and proof of malpractice insurance (approximately \$30,000). There may be an economic impact for the applicants for APRN licensure who do not currently

JOIN OUR TEAM

OR — Registered Nurse: Full-time position, Monday through Friday, Four 10-hour shifts with a rotating day off. Applicants must have at least one year circulating experience in either hospital or surgery facility setting with emphasis in orthopedic cases. BLS certification required

and ACLS certification preferred.

Are you a RN who wants to work in the OR? We will train you! We have a limited number of OR Circulator trainee positions; apply today!

Inpatient Unit — Registered Nurse: Full-time position, Day Shift available 7am-7pm, Three 12-hour shifts per week; 2-3 weekend shifts per month. Applicants must have a minimum of one-year hospital critical care experience, BLS certification required and ACLS certification preferred.

Inpatient Unit - Registered Nurse: Full-time position, Night Shift available 7pm-7am, Three 12-hour shifts per week; 2-3 weekend shifts per month. Applicants must have a minimum of one-year hospital critical care experience, BLS certification required and ACLS certification preferred.

Apply Today!

https://kansas.surgery/employment

have national certification and malpractice insurance, as they will need to obtain both. There is no economic impact on business or the general public. It is estimated access to healthcare will increase for the citizens of Kansas.

K.A.R. 60-11-104. Functions of the advanced practice registered nurse in the role of nurse practitioner. The proposed regulation deletes the "based on authorization for collaborative practice" language for practicing as a nurse practitioner licensed in Kansas. There is no economic impact difference to the Board of Nursing for these proposed revisions. There is no economic impact on businesses or the general public. It is estimated access to healthcare will increase for the citizens of Kansas.

K.A.R. 60-11-104a. Prescription orders. Language was stricken about the need for a written protocol approved by the responsible physician. Language was added to include that APRNs are allowed to prescribe. There is no economic impact difference to the Board of Nursing for these proposed revisions.

K.A.R. 60-11-105. Functions of the advanced practice registered nurse in the role of nurse-midwife. The language "based on the authorization for collaborative practice" was stricken since the legislation eliminated the need for a collaborative agreement for a nursemidwife to practice. There is no economic impact difference to the Board of Nursing for this proposed revision. It is estimated access to healthcare will increase for the citizens of Kansas.

K.A.R. 60-11-107. Functions of the advanced practice registered nurse in the role of clinical nurse specialist. The language "based on the authorization for collaborative practice" was stricken since the legislation eliminated the need for a collaborative agreement for a clinical nurse specialist to practice. There is no economic impact difference to the Board of Nursing for this proposed revision. It is estimated access to healthcare will increase for the citizens of Kansas.

K.A.R. 60-11-113. License renewal. Language was added that states for any APRN whose initial licensure is before July 1, 2023, the APRN may submit evidence of APRN certification at the time of license renewal. Language was also added that states an APRN shall provide proof of malpractice insurance coverage when renewing the license if the APRN renders professional clinical services, unless the APRN meets one of the exceptions listed in K.S.A. 65-1130 as amended by S Sub for HB 2279. There will be an economic impact for any APRNs that must have malpractice insurance and do not presently have it.



EXPAND YOUR CARE. EXPAND YOUR CAREER.

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- MSN/MBA
- MSN
- MSN-NP (AGPCNP)
- Healthcare Administration
- Nursing Education
- Healthcare Quality Management







Nightingale Tribute for Our Fallen Nurses

Kelly Sommers, BSN, RN Director, Kansas State Nurses Association

Decades ago, a Kansas State Nurses Association (KSNA) member created a Nightingale Tribute for our Kansas nurses who have passed. The tribute is now used by many other states, national, and different country's nurse associations and places of employment.



CAREER-BUILDING BENEFITS INCLUDE:

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Or email: lphillips@capper.org

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call Lynn Phillips at:





journey. See the Nightingale Tribute brochure for more information. Please view the Nightingale Tribute on the KSNA website: https://ksnurses.com/. You will find the Tribute

on the main page by scrolling to the bottom.

candle, and presenting a white rose. We continue to do

so today as it is a beautiful way to honor all our nurses.

It has never been specific to KSNA members but any

names at our annual Membership Assembly and at the

American Nurses Association's (ANA) yearly Membership

Assembly. We keep the names of all nurses at the state

and national level and read the Nightingale Tribute. Never specific to KSNA and ANA members only, but

names of nurses who are shared with the KSNA director.

If you would like to share a Kansas nurse's name as part

of this tribute, please reach out to the KSNA director,

Tribute. KSNA does reserve the rights to the Nightingale

Tribute, and it does require permission by KSNA. If you

would like permission to use in the future, we are

incredibly happy to share this honor. You can reach

out to the KSNA director, Kelly Sommers, for approval.

Kelly's email is director@ksnurses.com. Additionally,

or Licensed Practical Nurse for their years of service;

to be presented during the nurse's funeral by a nurse colleague or friend. Nursing is a calling, a way of life.

Nursing is a service profession that cannot be lived in

isolation. Nurses rely on each other for the synergistic

effect of teamwork in our efforts of care giving.

It is appropriate that we honor our colleagues not

only during their career, but also at the end of life's

The Nightingale Tribute is for any Registered Nurse

Any association or district can use the Nightingale

KSNA also pays tribute to our nurses by reading their

nurse whose family has made the request.

Kelly Sommers, at <u>director@ksnurses.com</u>.

please reach out with any questions.

Did You Know? Historically, KSNA has paid tribute to our Kansas nurses at funerals by reading the tribute, lighting a

The Meaning of a License Number

K.A.R. 60-3-108 details the expiration of a license number. But what do the numbers mean?

The first 2 digits reference license type: LPN, RN, APRN, RNA. These are the most common:

- 23 = LPN by exam in KS
- 24 = LPN by endorsement in KS
- 13 = RN by exam in KS
- 14 = RN by endorsement in KS
- 53 = APRN by exam in KS
- 43 = RNA by exam in KS

The last 3 digits reference the licensee's birth month (01-12) and year of birth; odd (1) or even (2).

For example: license number is 13-111111-042.

This is an RN licensed by exam in KS, that expires in April of every even year.

For example: license number is 53-111111-121

This is an APRN licensed in KS that expires in December of every odd year.

For example: license number is 24-111111-112

This is an LPN licensed in KS by endorsement that expires in November of every even year.

Employers have options to check the license number of the nurse they employ.

- The KSBN website has a link to the License Verification page, which searches by the middle numbers (111111 from above examples).
- Employers can also use e-Notify to receive notifications about the license numbers of any licensed nurse in their employ. The KSBN website has a link for this service.
- Finally, the Employer can compare the last three digits of the license number to the nurse's date of birth.



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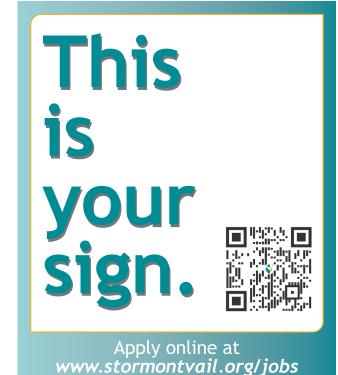
If interested, please contact our representative below or visit https://jobs.fmcna.com/

Ashley Merola

Recruitment Relationship Manager 630-926-1060 Ashley.Merola@fmc-na.com

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Kansas Board of Nursing Partners with CE Broker!

CE Broker will soon be the official CE tracking system of the Kansas Board of Nursing. The Board will be providing you with a free Basic Account, so in the coming months, you'll have helpful CE tracking tools right at your fingertips.



Free Access

With a free Basic Account, you can view your complete Course History of all reported course completions and check your CE Compliance Status anytime.



Upgraded Account Options

Optional upgraded accounts provide a personalized Compliance Transcript and even include your own CE Broker account manager who can find and register you for CE courses, report completions on your behalf, and more.



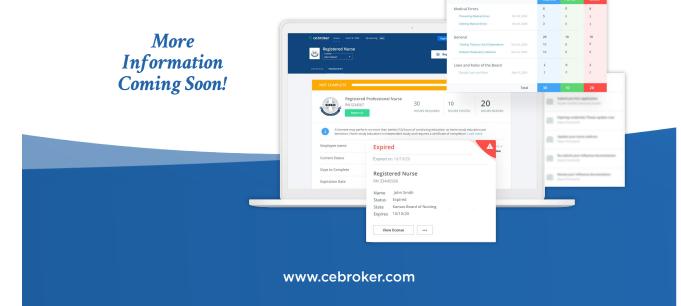
Comprehensive Course Search

Easily discover the courses you need to successfully complete for your renewal by browsing a library of CE filtered to your requirements.



Helpful Support Center

Available Monday through Friday, 8am -8pm EST, CE Broker's US-based support center is staffed with experts thoroughly trained on the rules & regulations for the Kansas Board of Nursing.



Mailing List Request

This can be requested through the KSBN Website: https://ksbn.kansas.gov

Scroll down the first page to "MAILING DATA" Complete this form and submit.

Payment of \$50.00 is by check. KSBN is unable to accept credit card payments.

Please note: The Board of Nursing began sending out notices to licensees concerning the status of their license, and other information via our systems. Because of the nature of these emails, it was a concern that sending out the entire list of email addresses that the Board of Nursing has, would subject all these email addresses to the dangers of electronic theft, viruses, and scams such as "spear phishing." This could then endanger or erode the ability of the Board of Nursing to then communicate with the licensees. Therefore, a decision was made to not release email information.

This is supported by the exception to the Kansas Open Records Act found at KSA 45-221(a)(49)

KSA 45-221(A)(49)

"An individual's e-mail address, cell phone number and other contact information which has been given to the public agency for the purpose of public agency notifications or communications which are widely distributed to the public."

Advertising in the KSBN Newsletter

There is an option for private entities to advertise via our nursing newsletter. Below is the contact information.

To advertise in the Kansas State Board of Nursing Newsletter contact Arthur L. Davis Publishing Agency, 800.626.4081, <u>sales@aldpub.com</u>.



Now Hiring RNs & LPNs

Lakeview Village in Lenexa, Kansas is a 5-Star not-for-profit continuing care retirement community, which offers long-term care, assisted living, sub-acute rehabilitation and home health services. Lakeview Village takes pride in the friendly and professional team who help us achieve the best service possible for the residents, clients, and children we serve. We seek employees who share our core values of integrity, growth, respect, optimism, and community. In return, we're dedicated to providing employees with a satisfying work environment, competitive salary and benefits, and the training necessary to deliver exceptional customer service and quality of care.





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DISCIPLINE CASES

Stephanie Blair

Wichita, KS 67203 13-62594-062 2022-117-5 & 19-1493-4 Public Censure 4/20/22

Summerdawn Warren

Sedgwick, KS 67135 23-49017-052 2021-617-5 Denied 4/22/22

Kelli Bullock

Assaria, KS 67416 13-72275-121 2022-103-3 & 2021-87-8 KNAP 4/26/22

Stephanie Wieden

Lawrence, KS 66046 23-42497-082 2022-118-8 Denied 4/28/22

Chukwuemeka Emmanuel

Overland Park, KS 66213 13-138770-121 2022-98-7 Denied 5/4/22

Amanda Hopkins

Overland Park, KS 66213 13-134906-111 2022-205-0 Fine 5/6/22

Billie Sechler

Neodesha, KS 66757 24-45211-052 2020-615-6 & 2021-127-6 Suspended 5/6/22

Theresa Tarver

Salina, KS 67401 13-89932-082 2022-148-3 & 19-1519-5 Suspended 5/6/22

Madeline Libel

Newton, KS 67114 13-152975-061 19-1640-9 Fine 5/16/22

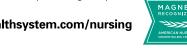
Amber Conger

Goodland, KS 67735 23-41484-031 2020-180-0 CNE's 5/17/22



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kansashealthsystem.com/nursing





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Come grow with us!



EmberHope is sparking change to improve lives for at-risk youth and families. Our mission is to use trauma-informed services to help children safely return to their families and communities. We are currently seeking applicants for our Licensed Practical Nurse positions at our **Newton** location.

\$4000 Sign-on bonus available!

Requirements:

- 1. Current Licensed Practical Nurse by the State of Kansas.
- 2. Prefer pediatric, school or residential nursing experience.
- Valid driver's license.
- 4. Physical working requirements Ability to travel, driving agency or personal vehicle including at night. Ability to do occasional lifting of up to 50 lbs. Able to walk up stairs. Ability to work flexible schedule, including some evenings and weekends. Employee is subject to outside environmental conditions occasionally; inside conditions frequently, with protection from weather conditions but not necessarily from temperature change.

Olivia Robinson | Human Resources Coordinator EmberHope, Inc. | T 316.202.7642 | C 316.670.6433



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HOSPITAL SAFETY GRADE



DISCIPLINE CASES

Randee Hopeck

Topeka, KS 66618 23-39938-051 16-1850-8 & 18-2127-8 Limited 5/17/22

Anna Rome

Garden City, KS 67846 23-33535-102 2020-520-1 Fine 5/17/22

Bernard Kangogo

Overland Park, KS 66210 13-122249-062 2021-494-7, 2021-573-7, 2021-595-7 Revoked 5/17/22

Parker Nation

Minneapolis, KS 67467 13-116226-092 19-1663-9 Public Censure 5/17/22

Robert Miedaner

Kansas City, MO 64131 14-121243-081 2021-501-7 Suspended 5/17/22

Gina Gochnauer

Kansas City, KS 66111 13-73684-081 19-1557-7 Fine 5/17/22

Nicole Brewer-McAfee

Falls City, NE 68355 14-157273-101 2022-218-0 Limited 5/18/22

Kandilyn Kuper

Brewster, KS 67732 13-89428-121 19-1610-2 CNE's 5/19/22

Haley Croucher

Overland Park, KS 66207 13-145671-112 19-1599-7 Public Censure 5/23/22

Jessica Morris

Derby, KS 67037 23-49987-041 19-548-5 Fine 5/23/22

Julie Duryee

Great Bend, KS 67530 13-108241-121 19-848-3 CNE's 5/24/22

Courtney Bennett

Ottawa, KS 66067 23-51329-052 2020-639-7 CNE's 5/24/22

Kelly Taylor

Overland Park, KS 66223 24-51224-092 2020-581-7 Fine 5/24/22

Tanya Romine

Topeka, KS 66618 13-108300-082 2020-223-8 CNE's 5/24/22

Michelle Scott

Pittsburg, KS 66762 24-35636-061 2022-112-6 Quarterly Reports 6/2/22

Deanna Morgenstern

Lucas, KS 67648 23-32404-051 18-1965-3 CNE's 6/6/22

Tara Huerta

Tonganoxie, KS 66086 13-136981-071 2020-291-7 Suspended 6/6/22

Jill Wallace

Neodesha, KS 66757 13-119445-041 2020-350-6 Fine 6/6/22

Carly Adams

Winfield, KS 67156 23-53020-112 2022-231-0 Suspended 6/8/22

Robert Agee

Topeka, KS 66614 23-16324-112 17-1014-8 Public Censure 6/7/22

Alexandria Richter

Peabody, KS 66866 13-120582-062 2021-5-9 Fine 6/8/22

Kimberly McClure

Kansas City, KS 66102 23-37596-122 18-1933-8 CNE's 6/8/22

Maria Montgomery

Larned, KS 67550 13-118349-101 2020-358-6 CNE's 6/9/22

Edgar Nicholson

Olathe, KS 66061 13-91780-012 16-1461-7 Suspended 6/14/22

Lakyn Stephenson

Topeka, KS 66611 13-130372-082 2022-232-8 Suspended 6/21/22

Amy Worley

Atchison, KS 66002 23-35217-121 2022-152-9, 19-1594-9 Suspended 6/28/22

Emily Tenberge

Overland Park, KS 66213 14-150091-031 2021-196-0 CNE's 6/28/22

Kristene Moore

Belton, MO 64012 14-130184-121 2022-227-0 Denied 6/28/22

Andrea Stika

Minneapolis, KS 67467 23-49262-022 18-1518-3 Public Censure 6/30/22

Ashley Andres

Hiawatha, KS 66434 13-141222-031 Revoked 2021-82-8 7/11/22

Rachel Rodriguez

Burlington, CO 80807 23-49241-111 19-1607-0 Revoked 7/13/22

Tara Lewis

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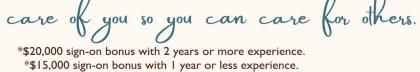
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Courage in Everyday Nursing Practice

Carol Dobos PhD, RN-BC, NEA-BC

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Courage is an important attribute in life and in your nursing practice. As Helen Keller said,

"Security is mostly a superstition. It does not exist in nature nor do the children of men as a whole experience it. Avoiding danger is no safer in the long run than outright exposure. Life is either a daring adventure, or nothing."

Nursing is a noble profession that is not for the faint of heart. Opportunities to choose courageous acts present themselves on a regular basis because risk is everywhere. You can attempt to minimize the risks by playing it safe. However, there are risks to yourself, your colleagues, your profession, and those you serve when you don't take risks in showing up, speaking up, or practicing according to the highest standards of evidence-based practice.

Choosing to practice courageously, consistent with your personal and professional values, will cause some discomfort, bumps, and bruises to you and your career. It will also bring professional and personal fulfillment, strengthen the profession, and improve patient outcomes. You will know that you are making a difference in your daily practice and throughout your nursing career.

One way to cultivate courageous behavior is through personal risk-taking (PRT), but first you need to understand the nature of risk and its related concept, positive deviance.

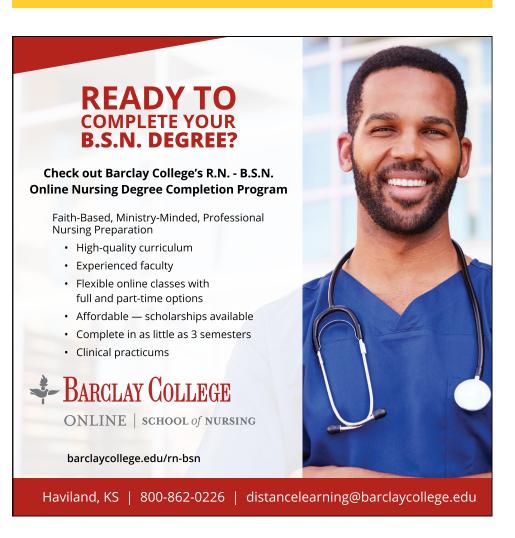


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What is Risk?

Risk is defined as the possibility of losing something of value, which could be physical, psychological, or economic. Common risks include falling out of favor with others in authority, losing support, or damaging essential relationships. Any of these events could lead to losing status or influence at work, or even losing one's position or employment.

A related concept called "positive deviance" refers to an intentional act of breaking the rules to serve the greater good. Positive deviance is intentional and honorable behavior that departs or differs from an established norm. It contains elements of innovation, creativity, adaptability, or a combination thereof; and it involves risk for the nurse.

For most nurses, whether a particular action is right or wrong will often be judged by others in charge of rules enforcement. The decision to engage in positive deviance, however, lies entirely with the nurse.

Personal Risk-Taking

PRT is behavior that is consciously and freely chosen among available alternatives, some of which are known to incur less risk than the chosen action. It is supported by the strength and belief of personal convictions. Courageous action upholds principles. Calculated inaction due to fear leaves one powerless, with values compromised.

Nurses promote courageous action by sharing courageous behavior, also called hero stories. This can be done formally and informally, verbally and in writing, one on one or in groups, during staff meetings, during change of shift report, or rounds. We create a culture based on what we talk about, what we value, and what we support and reward. Sometimes we stand alone, and sometimes we influence others to follow our lead and take their own personal risks. In one study, risk taking was found to be one of the key elements in attaining expert nursing practice, which supports effective and quality-based healthcare outcomes. Risk taking also was found to enhance clinical and professional development.

Rather than sitting on the sidelines and hurling judgment or advice at others (for example, "Someone needs to do something about this."), we must dare to show up and let ourselves be seen, which can result in change. (See Success story.)

We pay a price when we shut down and disengage, failing to take action. I have heard nurses talk about "staying under the radar." In doing so they pay a dear price. Their talents, wisdom, knowledge, and values are not being shared to positively influence care and support the development of new nurse graduates and other colleagues through courageous role modeling. Vulnerability occurs in



Success story

When residents were not interacting appropriately with pediatric patients, risking psychological harm, I discussed this with the chief and arranged education. I advised our team that in identifying this issue, relationships might become strained, but we had an obligation to our patients to address this problem. I often used the mantra "I am doing the right thing for the right reason" stating it over and over in my head to help me stay the course and follow through with my convictions. As feared, the residents and even an attending physician demonstrated passive aggressive behavior towards us. The care of the children did improve, however, and we knew we had made the right call.

sharing an unpopular opinion, standing up for oneself or others such as a colleague who is being bullied, being accountable, asking for help, trying something new, admitting uncertainty, and asking for forgiveness. When courage and fear meet, it often feels awkward and scary; however, "being all in" is to be alive. To act in alignment with your values is key to personal and professional happiness.

PRT and Promoting Patient Safety

Failing to take risks and practice courageously can lead to threats to patient safety. Focusing on my obligation to "First do no harm," I made the decision not to deploy a transport team until all the team members demonstrated competency. I was transparent in discussing my concern and contingency plan to send another team with my medical and administrative colleagues. I was told that this was a "career-limiting move." I simply stated, "I have to be able to sleep at night."

In another organization, I disagreed with a plan to move critically ill patients multiple times to accommodate unit renovation. I identified an alternative that required only one move. Although my plan was successfully implemented, my action caused me to fall out of favor with the administrator and eventually resulted in my having to move on to another position. In both instances, I had to put my patients first because when I became a member of the nursing profession, I made a promise to protect them.

Why We May Not Take Personal Risks

Understanding scarcity is key to understanding why nurses may not take justified risks. The three components of scarcity are shame, comparison, and disengagement.

Shame is the fear of ridicule and belittling often used to control people and to keep them in line. Shame-based cultures are very unhealthy for nurses and patients. The killer of innovation is shame. In these cultures, covert or sometimes overt messages are common, such as to dare not, you're not good enough, who do you think you are, don't you dare get too big

for your britches." Shame becomes fear, fear leads to risk aversion, and risk aversion kills innovation and can lead to unsafe patient care. Shame is the intensely painful feeling or experience of believing that we are flawed and therefore unworthy of belonging. Shame makes us feel unworthy of connection. Resilience to shame occurs when recognizing and speaking openly about shame, practicing critical awareness, and reaching out to others.

Healthy competition can be beneficial, but constant overt or covert *comparing* and ranking suffocates creativity and risk taking. If nurses are held to one narrow standard, they may not question the relevance of a course of action to a specific situation and embrace evidence- based practice.

Disengagement occurs when people are afraid to take risks and try new things. Too often it is easier to stay quiet than to share stories, experiences, and ideas. It is important to do what is right, not what is easy. The best way through a difficult situation is to address the situation directly with honesty and integrity, sharing your story and asking for what you need. An excellent resource for nurses is the book Crucial Conversations. Often what we fear does not happen, but even if it does, we have retained our self-respect and commitment to professional values.

Courageous Practice

I hope you choose to practice courageously, doing the right things for the right reasons. As Theodore Roosevelt said,

"Far better it is to dare mighty things, to win glorious triumphs, even though checkered by failure, than to take rank with those poor spirits who neither enjoy much nor suffer much, because they live in the gray twilight that knows not victory nor defeat."

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Carol Dobos lives in Phoenix Arizona and is the pastpresident of the Arizona Association for Nursing Professional Development, a state affiliate of the Association for Nursing Professional Development.

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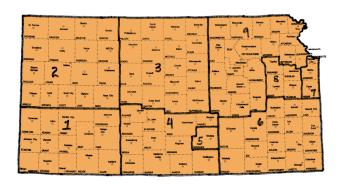
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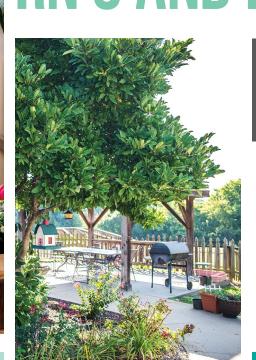


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