



### **A Brief History of National Nurses Week**

1953 Dorothy Sutherland of the U.S. Department of Health, Education, and Welfare sent a proposal to President Eisenhower to proclaim a "Nurse Day" in October of the following year. The proclamation was never made.

1954 National Nurse Week was observed from October 11 - 16. The year of the observance marked the 100th anniversary of Florence Nightingale's mission to Crimea. Representative Frances P. Bolton sponsored the bill for a nurse week. Apparently, a bill for a National Nurse Week was introduced in the 1955 Congress, but no action was taken. Congress discontinued its practice of joint resolutions for national weeks of various kinds.

1972 Again a resolution was presented by the House of Representatives for the President to proclaim "National Registered Nurse Day." It did not occur.

1974 In January of that year, the International Council of Nurses (ICN) proclaimed that May 12 would be "International Nurse Day." (May 12 is the birthday of Florence Nightingale.) Since 1965, the ICN has celebrated "International Nurse Day."

1974 In February of that year, a week was designated by the White House as National Nurse Week, and President Nixon issued a proclamation.

1982 In February, the ANA Board of Directors formally acknowledged May 6, 1982 as "National Nurses Day." The action affirmed a joint resolution of the United States Congress designating May 6 as "National Recognition Day for Nurses."

1982 President Ronald Reagan signed a proclamation on March 25, proclaiming "National Recognition Day for Nurses" to be May 6, 1982.

1990 The ANA Board of Directors expanded the recognition of nurses to a week-long celebration, declaring May 6 - 12, 1991, as National Nurses Week.

1993 The ANA Board of Directors designated May 6 - 12 as permanent dates to observe National Nurses Week in 1994 and in all subsequent years.

1996 The ANA initiated "National RN Recognition Day" on May 6, 1996, to honor the nation's indispensable registered nurses for their tireless commitment 365 days a year. The ANA encourages its state and territorial nurses associations and other organizations to acknowledge May 6, 1996 as "National RN Recognition Day."

2020 -2021 The World Health Assembly, the governing body of the World Health Organization (WHO), has extended its designation of 2020 as the "Year of the Nurse and the Midwife" through 2021.

2022 The ANA Board of Directors designated the entire month of May as Nurses Month.

ANA has designated the following theme areas for Nurses Month:

- Week 1: May 1 - 7- Self Care
- Week 2: May 8 - 14 - Recognition
- Week 3: May 15 - 21 - Professional Development
- Week 4: May 22 - 31 - Community Engagement

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### What is self-care?

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OxfordLanguages identifies self-care as a noun, with the following definitions:

- the practice of taking action to preserve or improve one's own health."autonomy in self-care and insulin administration"
- the practice of taking an active role in protecting one's own well-being and happiness, in particular during periods of stress."expressing oneself is an essential form of self-care"

I believe OxfordLanguages got it wrong. Self-care is not a noun, it's a verb! it is what we do to take care of ourselves. It is also what we do, as nurses, to take care of each other. And, it is what we do to take care of our profession. As you read the OxfordLanguages definition of self-care, consider it to be a verb and think about actions that we might take to take care of ourselves, our fellow nurses and our profession. We are all worthy of it.... and it is important.

Happy Nurses Day... Month...Year. Each and every day, you make a difference!

Kathi Koehn, ED, MNORN

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**AJN Off the Charts RN Resiliency: Humor, Hounds, and Holistic Medicine**  
blog of the American Journal of Nursing

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By Judy Oliverio, RN, BSN, CRRN, CCM. She is a case manager in a VA homeless program, a USAF veteran, and an AATH member.

### **'Even my hair is tired.'**

If you've been faced with death, trauma, significant stressors, and losses, you've had to be resilient. And boy, did I choose a career with all of the above. I started my nursing career during the AIDS epidemic, and later moved to active duty Air Force nursing, travel nursing, polytrauma, rehab, chronic pain, spinal cord injury, working with the homeless, mental health, and lastly COVID-19. After 27 years of this, even my hair is tired. But I've never been so proud to pick this career—it is a calling. As Nurses Month begins, I tear up thinking there aren't enough words to express my gratitude.

During COVID, understaffing, hourly policy changes, increased workloads and responsibilities, an increase in mental health disorders, the political climate, and anti-science rhetoric only added to the stressors. I had to look hard to find the gold, because every day you could definitely find the rust. I often asked myself, "How can I keep a healthy attitude, a warm heart, continuous focus, and a genuine nurse smile?" The answer for me has been my humor, hounds, and holistic medicine approaches.

### **Humor as stress relief.**

This realization started when I landed in the ED after a period of not taking care of myself after learning my patient died by suicide. Me, an RN, ended up in the ED to be treated for dehydration. And after some embarrassment, I thought, "This is pretty funny." I had to laugh at myself. I had to make light of it. We can save everyone else, but we can't always save ourselves.

I had to disclose my diagnosis to my coworkers and boss. We all laughed, out of total fatigue and worry and relief. We held a sharing circle, all of us taking part in some self-deprecating humor: "I ate a gallon of ice cream . . . I went to the gym, but sat in my car." I liked my colleagues more after our discussion. Self-deprecating humor shows you are humble, reliable, friendly, funny, and trustworthy. In addition, it neutralizes negative information.

After that day, I started using humor more with my coworkers, leaders, and patients. And guess what? It works. So, every day at work, I use humor to make mundane chores or sad news lighter. Humor is a tool that has not only helped me survive nurse days, but to thrive in them.

## Hound therapy.

After laughing a lot and working hard at my job, I come home to my hound therapy. I use ecotherapy (forest walking, hiking, being in nature) with my 13-year-old dachshund Lenci, who I adopted during a difficult depression while taking care of soldiers with no legs. Lenci's demeanor, humor, tail-wags, and unconditional love brought me back to myself.



Even science confirms that dogs make us feel less alone, help our hearts, lower cortisol levels, decrease stress, increase coping skills, and encourage us to move. My wiener Lenci has done all of these things every day after my nursing shift. I promised that when I could, I would rescue another wiener dog, since Lenci had rescued me. I adopted Cali, a four-year-old wiener dog used as a birthing machine at a puppy mill in Fort Lauderdale. I know I have given her a second chance to live her best life. Nurses rescue

humans every day—let a fur baby rescue you.

## Holistic therapies.

And lastly, a variety of holistic therapies and self-help strategies have kept me resilient. I don't have time each day to do everything on my list, but I pick one: counseling, positive thinking books, exercise, yoga, self-love with mantras, and meditation. I specifically like guided breathing and mindfulness eating. I encourage others to utilize free apps with some of these practices. One of these practices a day grounds me and brings me back to stillness, peace, and self-love. It reminds me that I am an amazing human, doing amazing things to help others.

So, humor keeps me happy in nursing. My hounds keep me humble and loved after a hard day of caretaking. And holistic medicine keeps me mentally and physically ready for duty. I hope I can influence other nurses to find what makes them resilient and to stay in a profession that is so critically needed. Happy Nurse's Month my amazing superheroes and sheroes! Keep going!

<https://ajnoftthecharts.com/rn-resiliency-humor-hounds-and-holistic-medicine/#more-31739>

Hui-wen Sato, MSN, MPH, RN, CCRN

November 19, 2009, updated May 2022

A few years ago, I wrote a blog post directed towards friends and family members of nurses, entitled "[How to Support the Nurse in Your Life](#)." While the ideas in that post still hold up today, so much in nursing has changed, the COVID pandemic being the obvious main factor. With nurses in more need of support than ever, I find it important to revisit this idea of helping friends and families supporting the nurses in their lives at this unique point in time.

### **1. Listen to what the nurse is actually distressed about in the moment, and stay with them there.**

In normal, non-pandemic times, nurses already have many people, situations, and issues to tend to in addition to the actual patient. There are so many unique aspects of the nurse role that challenge us, all of them rolled into a tangled ball in the course of a 12-hour shift. If we are distressed about one particular aspect, please stay with us in your focus on the actual issue at hand so we have time and space to unpack it without all the other competing stressors vying for all our attention.

For example, we might be upset one day after dealing with an anxious and belligerent family member who was at the bedside for most of our shift. While the nurse's friend may be tempted to ask questions about the sad condition and prognosis of the patient, what the nurse is actually most distressed about in this moment is the amount of emotional and social energy she spent on trying to deescalate the behavior of the patient's family member.

Just listening may be enough sometimes. But helpful questions from the nurse's friend in this situation might include: "What was it about the patient's family member that made you so sad, stressed, or uncomfortable? What struggles did you encounter in trying to attend to those dynamics as the nurse, while also doing the other parts of your job? What kind of support did you get from other colleagues, or did you feel alone in trying to manage this?"

We can see through these questions how this friend is providing focused support on this singular issue that the nurse is currently trying to process. We don't expect our friends and families to fix all our woes, but we greatly appreciate those who can hear and focus on our actual issue at hand after a particularly hard day.

## **2. Please don't tell the nurse, "You chose this."**

I have heard countless nurses lament this response from their friends and family.

What this phrase suggests is, "You're not allowed to complain because *you* chose a hard profession." I've been a nurse for 11.5 years, and while nursing has always been challenging, what I "chose" to walk into at the start of my career is not what the current conditions are. We've grieved over how intensely difficult this profession has become over time. We are lamenting the loss of a dream as we wonder whether or not we can stick with a profession we once loved but now struggle to make sense of.

Yes, I chose to enter a career where I would care for sick people, but at that point in time, it was with the belief that the infrastructure to provide that care safely and meaningfully would hold up. The pandemic threw at us a wildly unpredictable virus threatening our personal safety, stretching our infrastructure beyond its capacity, revealing alarming flaws in our system, and robbing many of us of the ability to provide quality care and attention to our patients and their families because of staffing shortages and/or visitor restrictions. I can't name one nurse who chose *any* of that.

True, I make a choice to stay for now. Each time I get up and go to work, no one is putting a gun to my head to make me show up. But it's overly simplistic to dismiss our pain and struggles by saying, "You chose this. You still have a choice." Some of us have families to support, monthly mortgages and bills to pay, and other external factors that don't make it easy to just walk away from an entire profession. Some of us still do love and believe in the work, and want to be able to keep choosing it, even for all its dark sides. But we hurt in ways we've never hurt before. We need support, not the blaming spirit that comes from the response of, "You chose this."

## **3. Help us regain balance in our lives.**

In normal nursing, we already deal with a tremendous amount of stress, suffering, and death. In COVID times, we confronted extremes in all these areas. Many of us are parents who bore dual burdens of nursing in a pandemic and also helping our kids full-time at home with distance learning. Life and its demands on every front became exponentially more intense.

Many of us tend to be type A personalities, which can help make us good nurses. We stay busy and operate in a way that's familiar to us, taking care of others and deflecting care from ourselves. However, this default mode of operating can also become a dangerously effective mask when what we need is to slow down and deal with some of our personal

demons. We need honest, courageous loved ones who will call us out on our imbalance, and nudge us back into spaces of rest and beauty.

#### 4. Community support matters more than ever.

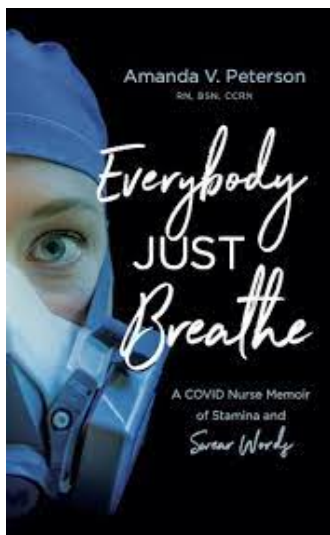
If I may be very honest for a moment, I have had countless conversations with veteran nurses about how much we have all entertained the thought of leaving the profession. I genuinely still love being a nurse, but I've wrestled with the question of my longevity in this work more than I ever have before. It is friends and family who have intuitively extended the kind of support outlined here, who have helped keep my head above water when I was otherwise drowning in sorrow, exhaustion, and misgivings about my job.

<https://qjnoffthecharts.com/how-to-support-the-nurse-in-your-life-may-2022/#more-31723>

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### Everybody Just Breathe: A COVID Nurse Memoir of Stamina and *Swear Words* by Amanda V. Peterson

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Throughout the COVID-19 pandemic, there has been a fierce desire to capture the stories of the nurses at the frontlines. Here is a memoir that will undoubtedly be in the canon of COVID nurse literature. It is highly readable and incredibly relatable.

Amanda Peterson is a Twin Cities' nurse who worked in a COVID ICU. A nurse, a mother, and a grad student - enough complexity in anyone's life. Add to it the pandemic and you have the "perfect storm."

Amanda says that "being a nurse always comes with stories. So does motherhood. Both are hard and beautiful. Add in grad school and a pandemic, and I needed an outlet. I mean, I could've just taken up drinking, but writing doesn't give you a hangover. So here is my attempt to stay sane in a very noisy world right now." Writing, caffeine, cussing... all strategies to make it through these amazing times.

Read her book. She is a gifted writer and an even better nurse. You can order her book through her blog site <https://www.thisnursemom.com> or through [amazon.com](https://www.amazon.com).



## ANA Position Statement: Reproductive Health

Approved by the ANA Board of Directors; March 7, 2022

*In a Position Statement adopted by the ANA Board in March of 2022, ANA affirmed that abortion is a reproductive health alternative that nurses can discuss when counseling patients. Nurses also have the right to refuse to participate in sexual and reproductive health care based on ethical grounds, as long as patient safety is assured and care by others has been arranged.*

### Statement of ANA Position

The purpose of this Position Statement is to guide ANA's advocacy and policy engagement on issues related to nursing and sexual and reproductive health (SRH).

ANA affirms:

- Everyone has the right to privacy and the right to make decisions about SRH based on full information and without coercion.
- Nurses are obligated to share with their patients in an unbiased manner all relevant information about SRH choices that are available and to support that patient regardless of the decisions that patient makes.
- Abortion is a reproductive health alternative that nurses and other providers can discuss when counseling patients.
- SRH care should be widely available, accessible, and affordable for all.
- Nurses have the right to refuse to participate in SRH care based on ethical grounds, as long as patient safety is assured, and alternative sources of care have been arranged.

[CLICK HERE FOR FULL POSITION STATEMENT](#)




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**MNORN is pleased to announce that Tami Haley and Rachel Kubat have been selected to be fellows of the American Nurses Advocacy Institute (ANAI) beginning in October 2022.**

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### **About ANAI:**

ANA believes that advocacy is a pillar of nursing. Nurses instinctively advocate for their patients, in their workplaces, and in their communities; but legislative and political advocacy is no less important to advancing the profession and patient care. Towards that end, ANAI is an annual program designed to help nurses gain political competence in a variety of areas including:

- Conducting a political environmental scan
- Bill analysis
- Preparing and delivering testimony
- Coalition building
- The purpose and value of a PAC

In collaboration with MNORN, fellows select policy issues and associated legislative/regulatory activities to work on during their fellowship.

### **About Tami Haley and Rachel Kubat**

Tami Haley is the Vice President of Clinical Excellence & Care Transformation with Ecumen and has more than 15 years' experience in Senior Care. Holding a Bachelors of Arts in Biology, a Masters of Science in Nursing Leadership and Management and serving as the President-Elect of the Omega Omicron Chapter of Sigma Theta Tau International, Tami demonstrates her ongoing commitment to scholarship and advancement of the nursing profession. Tami is a public health nurse and member of the Minnesota Organization of Registered Nurses and the American Nurses Association. She is particularly interested in how we can work together to find solutions for our workforce challenges and adequately prepare the next generation of skilled professionals.

Rachel Kubat has a Masters degree in Nursing Science with a Certificate in nursing education from Minnesota State University, Moorhead. She currently teaches nursing classes in a rural Bachelors in Arts Nursing Program at a private liberal arts college. She has 23 years of healthcare experience at many rungs of the nursing ladder., beginning her nursing career as a HHA, then advancement to LPN, ADN-RN, BSN to MSN. She has ten years experience as a nurse educator. She aspires to advocate for nursing practice issues/challenges and health at the policy level, understanding that nurses are uniquely positioned in the lives of students, patients and communities to allow for many opportunities to recognize areas that could directly benefit from proposals for legislation or reform.



## Notice of Vacancies in State Boards, Councils and Committees

### Palliative Care Advisory Council

Vacancies: 1 Seat -- Registered Nurse or Advanced Practice Registered Nurse

#### HOW TO APPLY

Visit the [Open Positions page](#).

Scroll down to find the correct Agency/Board/Council.

Choose the correct seat type, and click button that says APPLY

The system will walk you through creating an application profile.

Page 2 of the application will now allow you to attach the following documents:

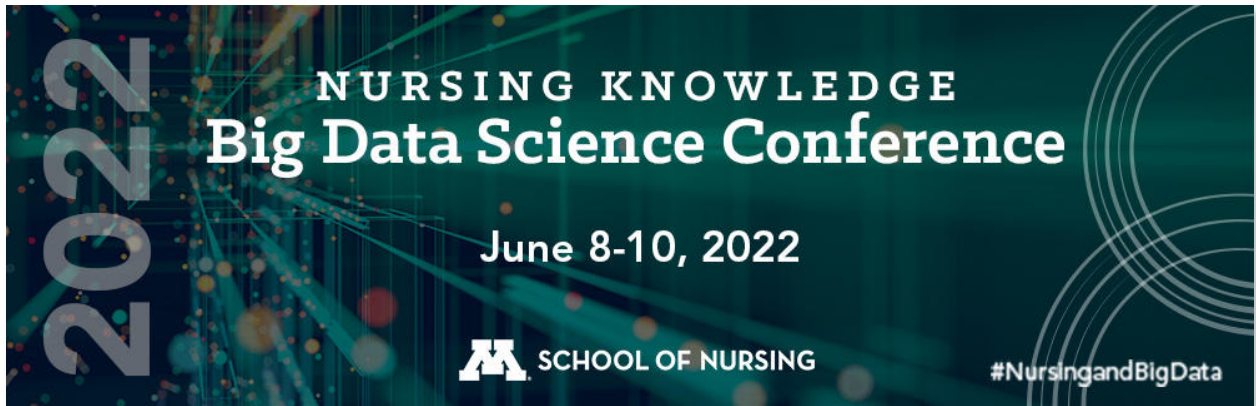
- Letter of Interest
- Resume or Biography

Applicants are encouraged to use the online application as the Appointing Authority will have access to your information as soon as it is submitted.

Applications submitted via downloadable application may experience some delay in reaching the Appointing Authority.

[Paper applications](#) may be submitted by email to: [Open Appointments](#) or by mail or in person to:

Office of the Minnesota Secretary of State  
180 State Office Building  
100 Rev. Dr. Martin Luther King, Jr. Blvd.



## **10th Annual Nursing Knowledge: Big Data Science Conference**

The 2022 Nursing Knowledge: Big Data Science Conference is set to be our best yet. We'll be kicking off it off with a dialogue on the National Patient Outcome Initiative and wrap up Day 1 with a panel on artificial intelligence informed by big data. Day 2 continues the conversation with a panel on the ethical, social and workforce considerations for nursing, big data and AI.

You can view the full agenda (including the pre-conference) and register on our site today.

**June 8-10  
Minneapolis**

**[CLICK HERE TO VIEW FULL AGENDA AND TO REGISTER](#)**