

Sorrow & Strength

Moving Beyond “Normal”

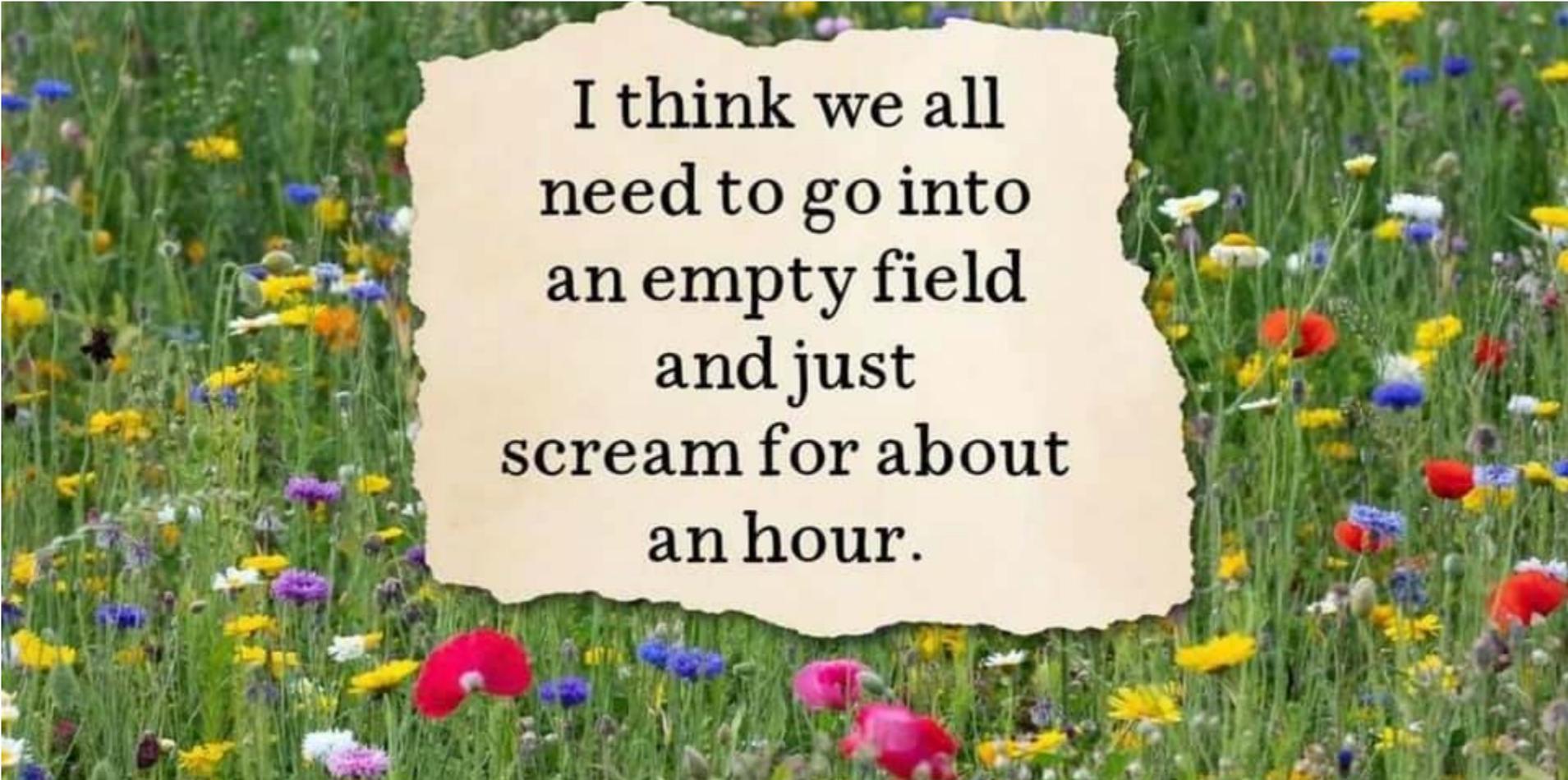
Beth Toner, RN, MSN, MJ, *senior communications officer*
January 31, 2022



Robert Wood Johnson Foundation

2020, 2021 ... and now 2022?!?!



A vibrant field of wildflowers in various colors including red, yellow, blue, and purple, set against a green background. A piece of torn, cream-colored paper is centered over the field, containing the text.

I think we all
need to go into
an empty field
and just
scream for about
an hour.

“Scream”!

What one word best describes your most visceral feeling about the last 22 months?

Let's reflect

- Name something you've *lost* since COVID began
- Name something you've *gained* since COVID began



There's good reason to be angry



'It's impossible': Lack of Covid safeguards overwhelm school nurses

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CORONAVIRUS

'It's impossible': Lack of Covid safeguards overwhelm school nurses

"School nurses here are facing a moral dilemma, because the protocols that are in place and coming from the state don't align with their values," one expert said.



The Coronavirus Pandemic >

LIVE Covid-19 Updates

Coronavirus Map and Cases

School Disruptions

The Symptoms of Omicron

Testing: What to Know



TOPICS PROJECTS FEATURES ABOUT GET INVOLVED SEARCH

The Pandemic Has Devastated the Mental Health of Public Health Workers

STATELINE ARTICLE August 5, 2021 By: Michael Olova Read time: 6 min

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Michael Olova
Staff Writer
Staffline
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Topics Health
Places North Carolina, Washington, West Virginia, United States

'They See Us as the Enemy': School Nurses Battle Covid-19, and Angry Parents

School nurses, who were already stretched thin before the pandemic, say that they are overworked and overwhelmed.





Not to be all Pollyanna ...

But there's good reason to be *hopeful*, too

The 'naughty' nurse Halloween costume was always gross. Post-Covid, it's worse.

SHARE THIS —

The 'naughty' nurse Halloween costume was always gross. Post-Covid

Want to be a nurse for Halloween? Try scrubs

aves: Why the Media's Portrayal of Nursing Puts Us All at Risk."



The headlines are changing (slowly)



Nurses are adapting & innovating



Nurses are fighting for justice

For others – and for themselves

← **Tweet**

 **PatMac, RN**
@NursePatMacRN

Yes!!!! Same with nursing!

 **Serotonin and the Dopamines** @ThatTraumaSW · Oct 28

Normalizing criticism of your profession. I criticize social work because I love social work. With that said, my love of social work doesn't right past wrongs, hold our profession accountable, or help us move forward into the profession we need to be for ourselves and our clients.

1:13 PM · Oct 28, 2021 · Twitter for iPhone

3 Retweets 18 Likes



The Relentless School Nurse
Be Relentless in Your Practice, Wherever it is.

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SCHOOL NURSING

The Relentless School Nurse: What is on the Other Side of a Breaking Point?

- Search -

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Sort by: Relevance

 **Marion Leary MSN MPH RN (she/her)**
@marionleary

got an email asking me to help recruit #nurses for a lesign study. The email states its one 90-min ndividual session. They're paying physicians \$370 /MORE than they are paying nurses. Can someone tell ne why a nurse's time is less valuable monetarily?? Ive mailed them as well.

:11 AM · Oct 26, 2021 · Twitter Web App

11 Retweets 8 Quote Tweets 409 Likes

Nurses are speaking up

- On social media, in blogs, at school boards

SHIFTing the conversation



The screenshot shows the STAT website homepage. At the top, the STAT logo is centered, with navigation links for TOPICS, OPINION, TEAM, EVENTS, NEWSLETTERS, REPORTS, VIDEO, and PODCASTS. A search bar and a 'STAT+' link are also visible. Below the navigation, there are trending topics: CORONAVIRUS, BIOTECH, HEALTH, and PHARMALOT. The main content area features a 'FIRST OPINION' section with the headline: "I'm a nurse in a Covid-19 unit. My hospital's leaders frighten me more than the virus". The author is listed as "By Jacklyn O'Halloran" with a date of "May 8, 2020". To the right of the article is a 'STAT+' subscription offer, described as "Exclusive biopharma, health policy, and life science analysis. Start your 30-day free trial today." with a "TRY STAT+" button.

Jackie O'Halloran,
The Floor is on Fire, www.shiftnursing.com





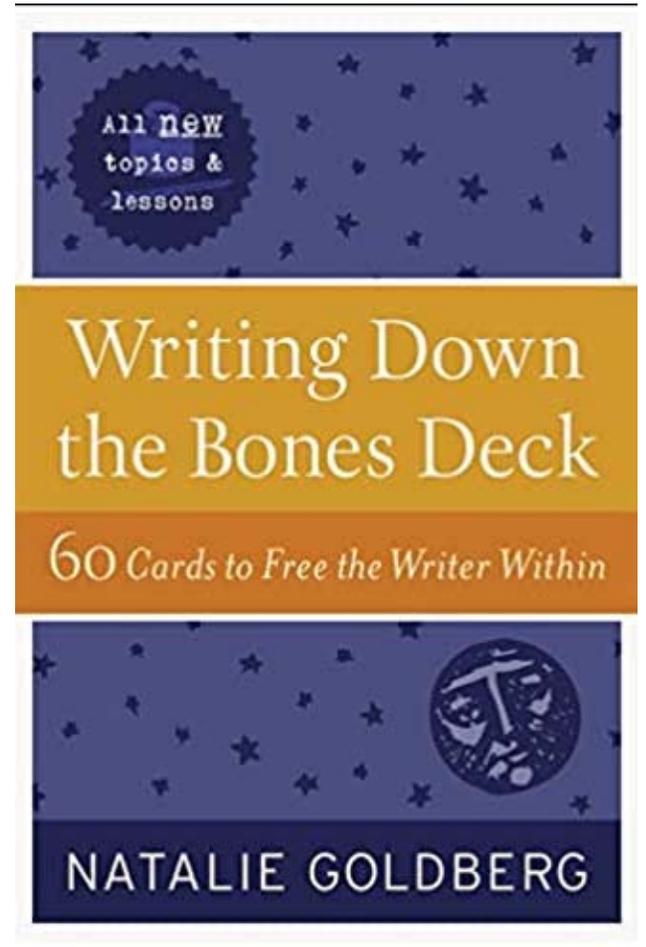
But nurses are also *exhausted*



It starts with you ...

Put on your own "mask" before assisting others!





Self-reflection

Journaling/free writing, photography, even paint-by-numbers!

PODCAST

EPISODE 06

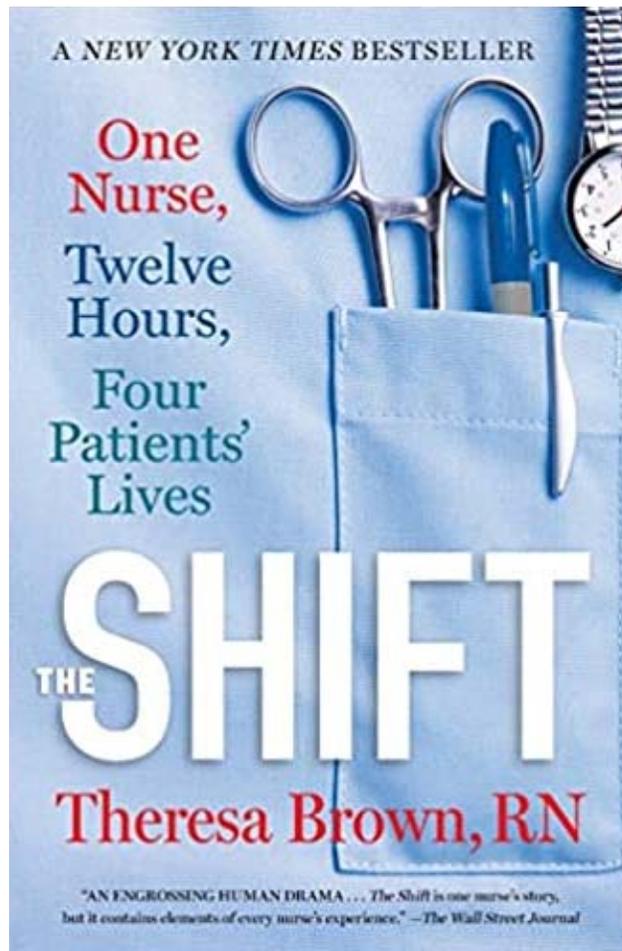
Next-Generation Nursing

Whitney Fear shares her experiences as an Indigenous person growing up on a reservation—and her culturally sensitive approach to care.

[Read More...](#)



LISTEN



Listen to (read) other nurses



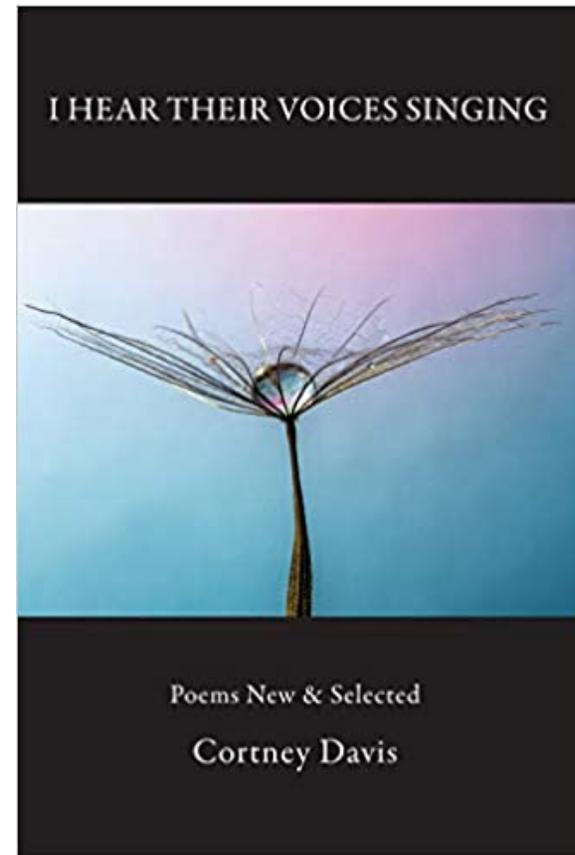
Find your people

Remember your *why*

What the Nurse Likes **Cortney Davis**

...I like patients' honesty—
they trust me with simple things:
They wake at night and count
heartbeats. They search lumps.

... I like eccentric patients—old
women who wear purple knit hats
and black eyeliner. Men who put
makeup over their age spots.



Thank you

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