

# Celebrating Transition: From “Just a Nurse” to “I Am A Nurse!”

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# Happy Nurses Week!

- 1953 First attempts at national recognition
- 1974 President Nixon endorsed National Nurse Week
- 1982 President Reagan proclaimed May 6 as "National Recognition Day for Nurses"
- 1990 ANA expanded the recognition of nurses to a week-long celebration, declaring May 6 - 12, 1991, as National Nurses Week
- 2020 – 2021 WHO declares the “Year of the Nurse and Midwife”

# Your Presenter

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- Rita Jury, Transformational Specialist  
Capstone Leadership Solutions



# Rita's "Just" Story

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That led to my "I Am"  
discovery!

## The Evolution of Nursing



# Just A Nurse

- Defining “just”  
simply; only; no  
more than.



# Just A Nurse

- While certainly not taught in schools of nursing today, I still hear nurses, and new nursing graduates in particular, say to their patients, “I’m just the nurse.”
- Where does this come from?

# Gallup Poll

For the 19<sup>th</sup> Consecutive Year

- Most trusted profession
- Most honest and ethical profession

You can be  
“just”  
or....

- Treating your work like a task
- Treating your patients like patients
- Accountability is really a task
  - "It is wrong and immoral to seek to escape the consequences of one's acts."  
— Mahatma Gandhi

# Celebrate Transition to Professional Ownership

- Commitment
- Engagement
- Passion
- Initiative
- Stewardship
- Belonging
- Fellowship
- Pride

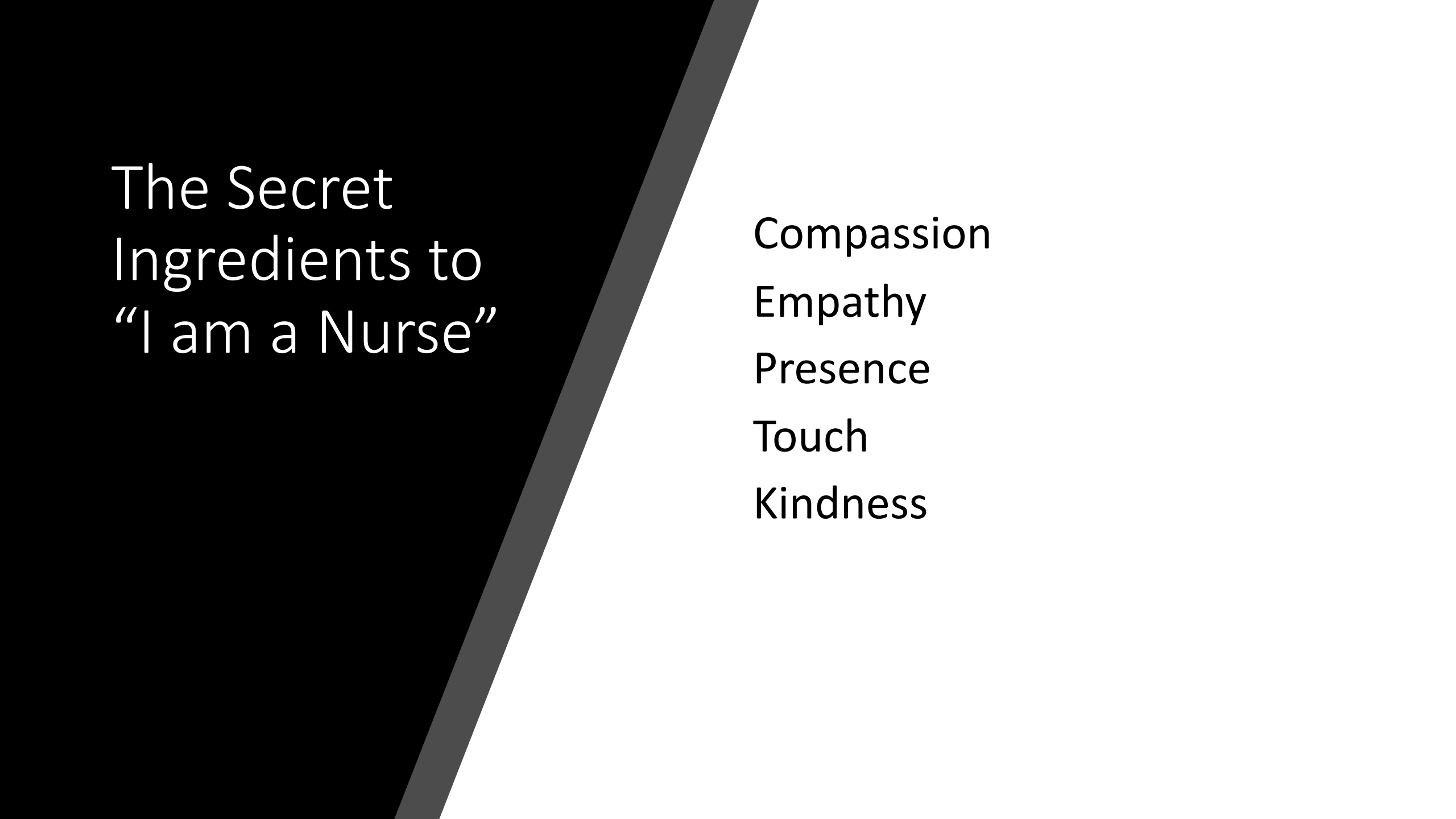
The Florence Prescription

Joe Tye

# Celebrate Nursing

- The Roles of the Professional Nurse
  - Caring Healer
  - Teacher
  - Navigator
  - Vigilant Guardian
  - Problem-Solver
  - Transformational Leader
  - Pivotal Communicator

Mayo Clinic



# The Secret Ingredients to “I am a Nurse”

Compassion

Empathy

Presence

Touch

Kindness



And Love

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And...YOU!



Next Steps

CELEBRATE THAT YOU ARE  
A NURSE!



# *Thank you, Nurses,*

*From Everyone at Capstone Leadership Solutions.*

*We absolutely admire and respect the complex, stressful, difficult and rewarding work you do every day. We know your patients heal, because of your compassionate care.*



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# Have Questions?

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