

Nurses Month 2020: Week 3 – Professional Development

[VIDEO TRANSCRIPT – May 17, 2020]

I'm Karen Innocent, Executive Director of Learning and Accreditation for Wolters Kluwer Health, responsible for Lippincott Professional Development. I'd like to wish all you nurses out there a very happy and safe national nurses month and give you a message on professional development. Now some of you may be thinking professional development is the furthest thing from your minds right now and I can understand that, but you may not know how important professional development really is right now because of the COVID-19 pandemic. There are many nurses who are being called in to work in acute care who have only had experience working in primary care and ambulatory care. In those cases nurses have to learn new skills and how to take care of patients in ways they've never done before so professional development is essential. There are also changes to nursing practice for nurse practitioners including restrictions being lifted for physician supervision restrictions on prescribing being lifted and also ability for nurse practitioners to practice in different specialties. So with that nurse practitioners definitely have to develop some new skills and read about what their risk may be and learn about the patients in those other areas before they take on new practices. Then there are also reasons for every nurse to engage in professional development and one of those reasons is self-care. You need to think about how you can reduce stress during a time like this. There are ways that nurses can reduce stress by taking a yoga class or maybe a meditation class or even a course on compassion fatigue. And there's also opportunities for nurses to read blogs or watch videos and learn about how other nurses are solving problems. You may even find that by doing that you're solving a problem that you learned about in the class that you took the day before. So with that I'd like to wish you all a very happy and safe national nurses month.