

Rachael Reflections

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In the sweeping landscapes of New Mexico, where the desert meets the sky in a symphony of colors, there lies a community of healers whose dedication and compassion illuminate the paths of those they serve. These healers, our nurses, stand as beacons of hope in the healthcare landscape, their hands weaving the fabric of care that envelops the nation. Reflecting on the state of nursing across the country, it becomes imperative to recognize the pivotal role New Mexico nurses play in shaping the future of healthcare, fostering positive outcomes, and inspiring change within and beyond the borders of the Land of Enchantment.

The journey of a nurse embodies unparalleled dedication, resilience, empathy, and an unwavering commitment to the well-being of others. Across the country, the nursing profession faces myriad challenges, from the strains of a global pandemic to the persistent battle against healthcare disparities. Yet, amidst these trials, New Mexico nurses stand

tall, their spirits unbroken, their resolve stronger than ever. Within the heart of this community lies the essence of true healing—a blend of skill, compassion, and the courage to advocate for those in need.

In New Mexico, nurses transcend caregiving; they emerge as pioneers in a landscape of healing, where the unique blend of cultures and histories enriches the tapestry of care. The influence of these nurses extends far beyond the bedside. New Mexico boasts one of the most progressive nurse practice acts, where we can truly work at the top of our scope. New Mexico nurses have been instrumental in drafting and supporting Safe Harbor legislation, ensuring job protection for those declining assignments due to inadequate education or training. Nursing schools have responded to the call by expanding their programs not only for RN but also for LPNs. Hospital and clinic partners have opened their doors allowing more students to pass

through their walls as they train to become professional nurses. Through the tireless advocacy of our nurses, the state has taken concerted steps to acknowledge their invaluable role in maintaining the health of our population, offering preceptor tax credits, and expanding funding for nursing programs, scholarships, and student loans.

As we look towards the future, the role of New Mexico nurses in shaping the healthcare landscape becomes more critical than ever. With each challenge faced, there is an opportunity to advocate for change, to illuminate issues affecting patient care, and to strive towards a world where health and wellness are accessible to all. The power of a New Mexico nurse lies not only in the hands that administer care but also in the voice that champions justice, the heart that empathizes, and the spirit that remains steadfast.

To the nurses of New Mexico, your journey is a testament to the resilience of the human spirit. As you reflect on the state of nursing across the country, know that your contributions serve as a beacon of hope, a catalyst for change, and a source of inspiration. In the face of adversity, your unwavering dedication to the well-being of others lights the path forward, guiding us towards a future where healthcare is defined by compassion, equity, and the unwavering belief in the power of healing. Together, you are not merely shaping the future of nursing; you are defining the very essence of healthcare. ■

Warm regards,
—Rachael Frijia, DNP, RN,
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