



## It's Time

By Dean Prentice, DHA, MA, BSN, RN, NE-BC

It has become evident as you talk with colleagues in healthcare, we are in need of some changes. There continues to be a focus on staffing challenges, adjusting to a generational workforce, and shrinking resources, among other issues. Things don't seem to be changing much on the landscape we work in.

So, it's a great time to do something for yourself. Call it self-care. The care I'm talking about though is not about a massage or a vacation, although both would be amazing. It's time for a little self-care on your professional growth.

Complacency tends to overcome our thinking and lulls us into believing we are all good. Former Secretary of State Colin Powell eloquently said "If it isn't broke,

don't fix it" is the slogan of the complacent, the arrogant or the scared. It's an excuse for inaction, a call to non-arms." As we are sitting here thinking nothing is changing or getting better, the same could be said about ourselves.

It's time to get moving. Look for areas in your professional life not going as well as you like. Ask for feedback from your supervisor or trusted colleague on areas where you can improve. Pointedly ask for areas which need to grow or improve. This puts you in a vulnerable position. Trust me, not comfortable. However, if you are going to change, it is imperative you take this step. We sometimes do not see in ourselves what others could easily identify for us.

It's time, maybe, to look for a mentor,

to become a mentor, or step out of your comfort zone at work and look for ways to build your knowledge in your organization. Take a college class or maybe join a volunteer organization that fills a passion of yours. It may be time to join your state's professional nurses association and attend the annual convention. Growth and change can be difficult, but also most rewarding.

No need to continue what you have been doing. Take a chance on change. As Pastor Rick Warren stated, "We are products of our past, but we don't have to be prisoners of it." I think it's time we took care of ourselves and grew a little bit along the way! ■

## How Clinical Nurse Specialists are Transforming Health Care

By Tammy Hanks, DNP, APRN, PCNS-BC, NEA-BC, CNOR, OACNS Director-at-Large for Membership



The magic of being a Clinical Nurse Specialist (CNS) is in the numerous opportunities and expanse of influence the role

provides. Especially for those nurses who find themselves passionate about specialized or niche patient populations, the CNS

role provides an avenue to expand knowledge, expertise, and practice without having to leave the area of nursing that you love. As a perioperative RN, I faced a dilemma when I realized that pursuing an advanced degree would likely take me out of the operating room (OR). Luckily, I stumbled upon the CNS role and realized that my perfect fit was the pediatric perioperative CNS role.

I have been in a variety of positions since becoming a pediatric CNS, including pediatric perioperative CNS, pediatric sur-

*(continued on page 5)*