

The Power of Allyship: A Meaningful Takeaway from This Year's HNHN Challenges

Submitted by the ANA-MI Nursing Practice Committee

As the year draws to a close, we're reflecting on the importance of participating in the Healthy Nurse, Healthy Nation™ (HNHN) monthly challenges. This year's challenges offered valuable opportunities to be intentional in various aspects of our personal and professional lives as nurses. Challenges focused on key areas such as nutrition, rest, physical activity, safety, quality of life, and mental health. The monthly challenges provided a structured way to set meaningful goals and take proactive steps toward growth and improvement. Today, we're highlighting one of the year's most meaningful challenges that we strive to carry forward: Embracing Allyship.

Quality of life and safety topics extend beyond the patient to the healthcare providers. Quality of life in the workplace drives positive patient outcomes, enhances overall safety,

drives positive work culture, and nurtures allyship. The healthcare profession, and just about every other industry out there, is trying to find the key to enhancing the domino effect of a positive work culture. Creative approaches such as medical improvisational skills, altered work schedules, residency programs, etc. In February 2024, The American Nurses Association released [an article](#) that provides seven ways in which an organization and nurses can create a positive work environment.

The ANA article uses words like collaboration, teamwork, recognition, and communication. These same sentiments mirror the outcomes medical improvisational skills afford the healthcare team. [Medical Improv](#) teaches team members vulnerability with each other by reducing the fear of taking risks, decreases fear of judgment, and helps pivot success to

a team aspiration as opposed to individual aspiration. Incorporating improv increases professional adaptability and flexibility in high-pressure settings which fosters resilience and reduces anxiety (Chen, A.K., et al., 2020).

ANA-Michigan encourages nurses to explore tips and skills to foster an alliance with nurse peers and colleagues. Visit the HNHN, [Embracing Allyship](#), webpage to learn more.

[The Healthy Nurse, Healthy Nation™](#) (HNHN), is a program of the American Nurses Association Enterprise designed to improve the health of the Nation's 5.2M nurses - one nurse at a time. ■

References

Chen, A. K., Chheda, S. G., & Weiner, S. G. (2020). Medical Improv: A Novel Approach to Teaching Communication and Professionalism Skills. *Medical Science Educator*, 30(2), 573-577.



Call for Candidates

The time has come to submit your consent to serve for the Call for Candidates. Are you ready to take your involvement with ANA-Michigan to the next level? Are you ready to be an association leader? ANA-Michigan has the following positions to fill:

- Secretary
- Treasurer
- Director (2)
- ANA Membership Assembly Representative
- Nominations Committee Member (2)
- ANA-MI Foundation Director (4)

This Call for Candidates is open through midnight on Monday, January 13, 2025.