

# Advocacy: The Power of Passionate Professional Storytelling



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At the heart of nursing, we find an intricate tapestry of personal inspiring stories along professional aspiring journeys. Your journey and impact are significant. I encourage you to share.

As nurses, we stand united to reflect on the powerful intersection of personal and professional journeys that shape the unique identity of our profession in the state of Oklahoma. I encourage you to pause and reflect on the lives impacted by your delicate impact over the course of your profession. Each story is unique, woven with experiences of compassion, resilience, and dedication. Yet, within those narratives lies a common thread: the intrinsic calling to serve as advocates for our patients, our profession, and the very future of healthcare.

## The Personal and Professional Journey

A nurse's journey is often a tapestry of life's most profound moments. From the first encounter with a patient, where a simple

smile or a gentle touch can offer comfort, to challenging situations that test our limits, each experience molds us into stronger advocates. The transition from nursing school to clinical practice is both exhilarating and daunting. Along the way, we learn not just to treat symptoms but to understand the holistic needs of those we serve.

This duality—the personal drive to make a difference and the professional responsibility to deliver quality care—fuels our passion for advocacy. Each of us, with our diverse backgrounds and experiences, brings a vital perspective to the table. We are not just caregivers; we are leaders, educators, and change-makers. A nurse's story can spark conversations and influence people and policies that resonate far beyond the walls of a hospital or clinic.

## The Importance of Passionate Storytelling Advocacy in Nursing

Advocacy is at the core of nursing practice. Nursing has the advantage of utilizing storytelling as a magnetizing method to captivate attention and leverage support. As advocates, we amplify the voices of our patients, ensuring their rights and needs are prioritized in the healthcare system. However, advocacy extends beyond individual patients; it encompasses the collective voice of the nursing profession. By engaging in the legislative process, we influence policies that impact our practice, improve patient outcomes, and address critical healthcare issues.

Participating in events like Nurse of the Day and Nurses Day at the Capital allows us to connect with colleagues, and lawmakers, communicate our experiences, and advocate for legislation that enhances our profession. It is an opportunity to educate policymakers about the vital role of nurses in healthcare delivery, from addressing nursing shortages and lack of funding to in-

creasing the sphere of influence and scope of practice.

## Empowering Ourselves and Our Communities

As we engage with the community and legislators, we not only advocate for ourselves but empower our communities. By sharing our stories, we highlight the realities faced by nurses and patients alike. We emphasize

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the importance of mental health support for healthcare workers, the need for safe staffing ratios, and the impact of comprehensive health policies on our ability to deliver quality care.

Through advocacy, we create a ripple effect. When we stand together, our voices grow louder, and our impact expands. We not only contribute to shaping the future of nursing but also inspire the next generation of nurses to continue the fight for equity, access, and excellence in healthcare.

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## Use Technology to Your Advantage

The healthcare industry is rapidly evolving in terms of technology. As a new nurse, you are likely more familiar with digital tools, electronic health records (EHRs), and new healthcare technologies compared to older generations. Use this to your advantage by advocating for the use of technology that can improve workflow, enhance patient care, and reduce the risk of errors.

Whether it's promoting better EHR practices, encouraging the use of telehealth options, or implementing apps for tracking patient data, your comfort with technology can be a major asset in influencing positive change within your organization.

## Become an Advocate for Nurse Well-being

Healthcare systems are under significant pressure, and nurses, in particular, often

face burnout and emotional fatigue. As a new nurse, you may have the opportunity to advocate for changes that support the well-being of nursing staff. This can include pushing for better work-life balance, adequate staffing levels, access to mental health resources, and safe working environments.

By championing the well-being of your colleagues, you contribute to a healthier and more productive workplace, which ultimately leads to better patient care. Nurses who feel supported and valued are more likely to deliver high-quality care, which enhances the overall effectiveness of healthcare delivery.

## You Have the Power to Influence Change

As a new nurse, it's easy to feel like a small cog in a much larger machine. But the reality is that new nurses have immense

potential to influence change in healthcare. Your fresh perspective, innovative ideas, and commitment to learning make you uniquely positioned to improve patient outcomes, enhance team collaboration, and advocate for better systems and practices.

By embracing your role as an advocate, staying open to learning, collaborating with others, and using technology to your advantage, you can help shape the future of nursing and healthcare. Every contribution you make, no matter how small it may seem, is an important step toward transforming the profession and improving the care we provide to patients.

So, don't wait for change to happen—be the catalyst. Your voice matters, and you have the power to influence real, lasting change. ■

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## The Call to Action

As we celebrate Nurses Day at the Capital, let this be a call to action for every nurse to recognize the power of their voice. Your journey is not just yours; it is part of a larger movement advocating for change. Be unafraid to share your story—your struggles, your triumphs, and your vision for the future of nursing.

Engage in the legislative process, understand the issues at hand, and participate actively in discussions that affect your practice. Attend local meetings, connect with your nursing associations, and advocate for policies that prioritize patient care and nursing well-being.

The heart of nursing advocacy lies in our stories, our experiences, and our unwavering commitment to serving those in need. Let's celebrate not only our profession but also the profound impact we can make through advocacy. Together, we have the power to shape policies, influence change, and build a brighter future for nursing.

Let's stand united, armed with our passion, resilience, and determination. Let's be the advocates our patients deserve and the leaders our profession needs. The journey

ahead is filled with potential; let's embrace it and continue to make a difference, one voice at a time. ■

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