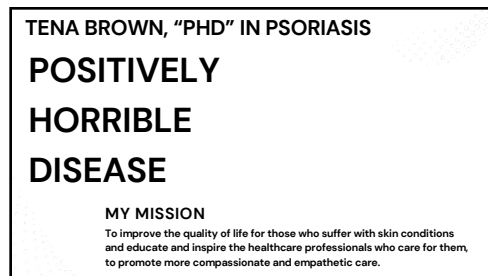


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3

THE PIVOTAL ROLE OF THE NURSE

"Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn life around."

- Leo Buscaglia, PhD
Known as "Dr. Love"

WHY YOU MAKE A DIFFERENCE

4

YOUR REACH OVER 20-30 YEARS
350K to 450K lives!
YOU ARE POWERFUL.

5

**HEALTHY NURSE
HEALTHY NATION**
Leading the way to better health

OUR VISION
Transform the health of the nation by improving the health of the nation's 4 million registered nurses

ANA ENTERPRISE

ANA...

6

THE BENEFITS OF BEAUTY SLEEP

Presented by:
TENA BROWN

Thank you for joining us!

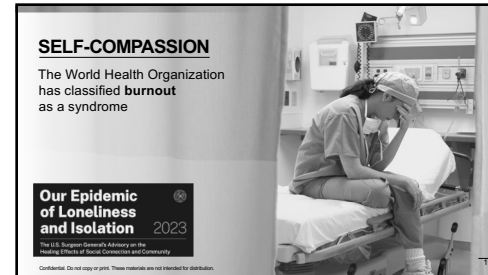
NEED TO
REGISTER
NOW

Oct 10th 9pm ET

9



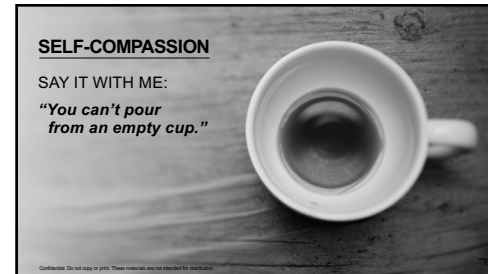
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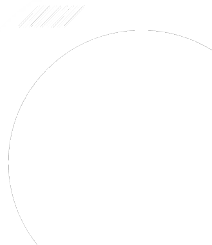
13

DR. JAMES DOTY

#Founder Stanford University
Center for Compassion & Altruism Research and Education (CCARE)

1 in 4 Americans feel they have no one with whom they can share life's difficulties.

James H. Doty, MD. The Science of Compassion. October 23, 2010. www.dalgaard.org/news.php?info=288




14

LONELINESS IN AMERICA

- Loneliness is as lethal as smoking
15 cigarettes a day
- Only **53%** of Americans have meaningful social interactions daily (even family)
- 46%** of Americans report sometimes or often feeling alone
- 27%** of Americans rarely or never feel understood by another person
- Gen Z (18-22)** is the loneliest generation

Loneliness: A Disease? By Sarah Chosholun. <https://www.psychologytoday.com/us/blog/loneliness-is-a-disease/2019/01/loneliness-a-disease>



15

**"QUITE THE MIND
AND THE SOUL
WILL SPEAK"**

~ MA JAYA SATHI BHADRASATI ~

**MEDITATION IS
NOT THE SAME
FOR EVERYONE.**

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SELF-COMPASSION

- Check in with yourself daily** just like you would a check on a loved one.
- Be Warm and understanding towards yourself** when you experience failure, suffering, or feelings of inadequacy
- Recognize our common humanity**: suffering is a part of life, and we all experience struggles
- Be fully present** in each moment with yourself. Mindfulness is being aware of your emotions and thoughts without judgment and finding a balanced response to distress.

MAJAYA SATHI BHADRASATI. THE POWER OF COMPASSION: A GUIDE TO CULTIVATING COMPASSION FOR YOURSELF AND OTHERS. 2018.



17

FORGIVE YOURSELF. BE GENTLE WITH YOURSELF
GENTLE IS THE NEW PERFECT.

- A YEAR OF SELF CARE, DR. JOE SHAW -

18

A WALK IN NATURE BRINGS
THE SOUL BACK HOME.

- ECHMYTOLLE -

19

ARE YOU GOOD
AT RECEIVING?

20

GRATITUDE IS GOOD BRAIN FOOD

Several good neurochemicals—dopamine, serotonin, and oxytocin—are released in your bloodstream when you write, reflect on, or express gratitude.

❖ **Dopamine - C8H11NO2**: when expressing gratitude, dopamine is released in your bloodstream, and it feels good! It triggers positive emotions, you feel more optimistic, and it fosters camaraderie.

❖ **Serotonin - C10H12N2O**: when you reflect on or write down the positives in life and at work, your brain releases serotonin. Serotonin enhances your mood (think anti-depressant), willpower, and motivation. And yes, serotonin has also been called both the happy molecule and the leadership chemical.

❖ **Oxytocin - C43H66N12O12S2**: being grateful to those in your life releases oxytocin, important in building safe connections with others. Oxytocin facilitates trusting, prosocial behaviors while inhibiting the stress hormone cortisol.

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One Year Subscription Provided For You
By The Generosity of CeraVe

CeraVe Wants To Be A Part Of Your Self-Care Journey

22

EMPATHY & COMPASSION

Empathy is just as important for the caregiver as it is for the patient.

EMPATHY:
Walk A Mile In My Shoes

23

WHAT IS EMPATHY

- **Empathy** is the ability to understand and share feelings of another.
- When empathy is effective, it is **felt** by the recipient.
- The patient's perception is everything!

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CULTIVATING EMPATHY

Become a better storyteller!

- What stories do you tell yourself about those you encounter?
- Remove judgement and give others grace and space to be human

Go on a mental diet!

- Strive to eliminate your thoughts and reactions, you can become more present in each moment

25

**REFRAME THE NEGATIVE
MEMORIES OF THE PAST,
REMEMBER THE LESSON
NOT THE TRAUMA.**

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CULTIVATING EMPATHY

Open Yourself To Others!

- Engage others in conversation with an intention to learn rather than respond
- Make eye contact----Stop looking at your phones!

Use Your Tonality

- Call others by their name
- Become an engaged listener

Nothing shows that you care more than truly listening and understanding someone!
Experts agree that body language accounts for 70-90% of communication.

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EMPATHY & BETTER PATIENT OUTCOMES

Empathy in Pain Management

- Harvard Medical School researchers found that a **compassionate connection with an anesthesiologist can make patients calmer before surgery, requiring less sedatives.**
- These same patients also demonstrated a **50% lower requirement for opiate pain medication after surgery.**
- **Drug overdoses (including opioids) in the U.S. were up 18%** during the COVID-19 pandemic, so this is quite a valuable point to consider. In some jurisdictions such as Milwaukee County, WI, overdoses are up as much as 50%.

Compassionomics: The Revolutionary Scientific Evidence That Caring Makes A Difference, Stephen Trzeciak & Anthony Mazzarelli

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READ THIS BOOK!

Compassionomics: The Revolutionary Scientific Evidence
That Caring Makes A Difference by Stephen Trzeciak and Anthony Mazzarelli

Compassionomics: The Revolutionary Scientific Evidence That Caring Makes A Difference, Stephen Trzeciak & Anthony Mazzarelli

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WHY DOES COMPASSION MATTER?

We Are Living Through A World-Wide Compassion Crisis:

- **One-third** of all Americans do not consider compassion for others to be among their **core values**.
- **Two-thirds** of middle & high school students surveyed by Harvard University said their parents **do not value caring for others** as much as they value achievements and accolades.
- **Half** of patients AND physicians surveyed by Harvard Medical School said the U.S. healthcare system is **NOT** compassionate.
- **64%** of patients in the U.S. said they've had a healthcare experience **with a lack of compassion**.

Compassion Crisis: The Real Reason Science Shows That Compassion Matters, Stephen Truitt, University of Illinois

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How long do you think it takes to form a compassionate connection with a person?

Answer: 39 seconds, according to studies

Compassion Crisis: The Real Reason Science Shows That Compassion Matters, Stephen Truitt, University of Illinois

33

MISSED OPPORTUNITIES FOR COMPASSION

Johns Hopkins ICU study: **74%** of interactions in the ICU revealed providers showed **no compassion for patients or families**

Research shows physicians routinely miss **60-90%** of **emotional clues** from patients.

Primary Care Visit Study: **77%** of the time, physicians interrupted the patient **before they completed their opening statement of concerns**

Compassion Crisis: The Real Reason Science Shows That Compassion Matters, Stephen Truitt, University of Illinois

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SPREAD THE LOVE

WE ALL need to take ownership of the way we show up...everyday! The onus is on us...there are no excuses.

It's possible to increase your empathy & compassion - in **80%** of the most scientifically rigorous published studies, compassion training **successfully increased** physician compassion.

35

NEXT STEPS

Next Steps for YOU:

- Build **self-awareness**
- Practice **being kind to yourself**
- Become **comfortable with vulnerability**

Next Steps for your circle of influence:

- Encourage your **co-workers**
- Be a force for positivity and **SHUT DOWN negativity**
- Watch out for ways to **add value to those around you**

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BE POSITIVELY UNFORGETTABLE

- Introduce yourself
- Be present. Be in the moment
- Pause...
- Look them in the eye
- "How can I help you?"
- "I know this is hard. I'm sorry this is happening to you."
- We are going to go through this together."

Your words, smiles, and tonality are your friends.

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THE POWER OF PHYSICAL TOUCH

- In nursing practice, touch is indispensable, enhancing communication between nurses and patients, fostering self-esteem, and reducing psychosocial issues.
- Nurses must prioritize opportunities for touch, as it fosters empathy and enhances the patients experience of care.
- Purposeful touching, conveying sincerity, trust, and empathy, strengthens the nurse-patient relationship.

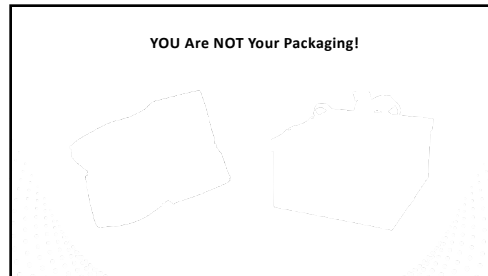
The Nurses & Perception of Empirical Touch: Science of 2010 On Love, A. 2012 M.A.B. & Cherry, 2010

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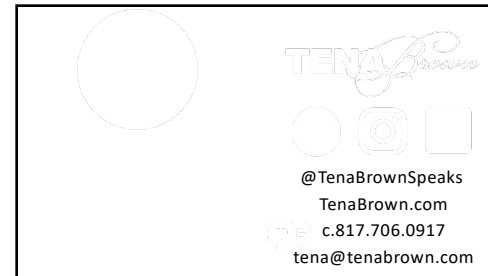
MY FRIEND JEAN AT CAMP HORIZON

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