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NURSING CARE

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Heart of nursing – Courage, compassion, connection: Soul medicine for nurses

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Nursing is one of the few professions where there is a culture of professionals ‘eating their young’. A change needs to happen in this space. Alone we cannot even begin to change this negative culture which is rampant within the nursing profession. If it is to be different in this space, nurses must not just accept that the culture is how it will always be. Change of this magnitude takes courage, it takes time and it takes patience and perseverance. If nurses don’t feel empowered to speak up and to quit settling for unprofessional below the line behavior, then how can we ever hope to change our culture? To do this, we must first understand that people are not their behaviors, that we are addressing the behavior, not the person and this should be done with compassion and understanding with total heartfelt honesty. It is about each nurse taking responsibility and not settling for anything less than an awesome culture. They must be brave. They must become more compassionate and they must strive for deeper connections with not only themselves but with those around them. This is about not settling for a broken culture!

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