

# 34<sup>TH</sup> INTERNATIONAL NURSE EDUCATION & NURSE SPECIALIST CONFERENCE

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### Innovation in nursing practice: Self-care for nurses

Technology is moving us forward both in a positive and negative manner. Despite advances in our scientific healthcare community our nation's health is declining. Higher disease states at greater costs than other healthier nations, the United States health care delivery system is becoming less efficient. People, patients, and healthcare providers alike, are more stressed contributing to a diseased nation. It's time for innovation. The demands in the nursing profession are becoming greater and greater; there is essentially too much to do in not enough time. Providing patients with the necessary care of meeting the physical, emotional, and spiritual needs can be a daunting task in addition to accomplishing the basic nursing care to the ever sicker, acutely ill, patient population. Nursing practice in our current environment causes tremendous nursing stress and burnout conditions in up to 30% of our nurses causing increased turnover and decreased retention. Nationally, we are not rising to the challenge of improving the work place environment for our nurses. We must aspire to drive the nursing burnout data of the past thirty years, to implement innovative ideas in our nursing practice. Bedside nurses are the greatest workforce in the delivery of healthcare. Following the recommendations of various organizations of fostering the nurses' workplace environment is crucial so nurses have the necessary internal/external resources to provide optimal patient care. Having a culture to practice self-care may improve one's sense of well-being, morale, vitality and resiliency thus, creatively improving the workplace environment. Self-care for all – staff and patients' alike- may just be the necessary step for improving the health of all!.

### Biography

Catherine Calder Calisi holds a Master's of Science degree in Gerontology from the University of Massachusetts in Lowell, MA with a certification to practice as a nurse practitioner and currently is in private practice, wellness connections. Prior to starting her own business, she was a leader in developing mind/body initiatives at Massachusetts General Hospital. Her passion is in teaching nurses the importance and beneficial outcomes of caring for oneself through her burnout prevention philosophy and motto of *Nurture the Nurse*. She is currently teaching in the mind/body/spirit certificate program at the Institute of Health Professions at Massachusetts General Hospital

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