

SALUTE TO NURSES 2024



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The Pampa News

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May 6-12th



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Interim Healthcare: Smashing the Misconception of Hospice Care

By GENEVA WILDCAT
reporter@thepampanews.com

For more than 20 years, Interim Healthcare in Pampa has provided care, comfort and support all over the Texas Panhandle; aiding in the physical, mental and spiritual well-being of their clients through a more engaging and personalized approach.

Through its home healthcare service, clients are given a wide variety of options that are suited to fit their specific needs:

In-home care and nursing

Patients will be able to receive the benefits of professional care from an experienced, licensed nurse from the comfort of their own home and not have to worry about making frequent trips to rehabilitation facilities or hospitals. The long list of specialized medical care that Interim offers ranges from Alzheimer's and mental health care to diabetes and wound care.

Personal care and support

Loved ones who are unable to fully care for themselves on their own have the opportunity to take advantage of a more intimate type of support that is not based solely from a medical standpoint, but rather from one of comfort and compassion.

They will have assistance with normal, everyday tasks from bathing, grooming, housekeeping, laundry, meal preparation, medication reminders and transportation, just to name a few. But aside from the more common, physical support, patients will also get to enjoy genuine companionship and emotional support,



Jamilou Williams, Interim's Business Development Specialist and Community Liaison

whether it be playing games, watching favorite shows and movies or just being there as a listening ear.

Respite care

Interim offers respite care to give family members and loved ones a break from their own routine of caregiving, allowing them to restore their energy and promote a healthier balance in their life. Respite care also allows the caregiver to choose when they need time off, whether it be daily intervals or for special occasions.

The other service that Interim offers is a delicate one that is commonly misunderstood: hospice care.

Hospice care is typically used when a patient has a terminal illness and the care that they are needing goes beyond clinical, addressing the emotional and spiritual needs of the patient and their loved ones.

While many people may believe that once a loved one is placed under hos-

pice care, it means that the patient has reached the end of their life and there's no hope, but according to Jamilou Williams, Interim's Business Development Specialist and Community Liaison, that couldn't be further from the truth.

"Hospice is where we improve the quality of their life," Williams said. "Home health care is like when they do physical therapy or occupational therapy to help them get back to their normal routine. It's skilled nursing care. But people think that hospice is someone lying in a hospital bed in their living room with everyone sitting around crying and waiting for them to die. That's just not true."

"If the person is saying that they just want to stay at home, they don't want to go to doctor's appointments anymore, we're the 911 and those nurses are on call 24/7. It takes a special nurse to be a hospice nurse."

"Their symptoms are

INTERIM cont. on page 5



Suzanne Presson: A Leader in Women's Health

By GENEVA WILDCAT
reporter@thepampanews.com

Suzanne Presson has been a beacon of the Pampa community with her unwavering dedication to women's healthcare for more than 20 years, providing exceptional care and support to every patient that steps through the door.

From personal experience, Suzanne was with me every step of the way throughout my pregnancy and I have told my now 18-year-old daughter that Suzanne knew her before she was even born, and it is an honor for me to still have a friendship with the woman who took great care over the well-being of me and my child.

From the moment she decided to pursue her LVN license, Suzanne knew that she wanted to work in women's healthcare, providing those services that are detrimental to the health and well-being of women from all ages and all walks of life.

Suzanne started her career at the hospital working as an LVN and RN on the OB floor until she went to work at the Texas Department of Health who helped put her through Nurse Practitioner's School.

While juggling a busy family life and furthering her education, Suzanne obtained her Nurse Practitioner's License, allowing her to extend the services that spoke more to her passion.

"I've always loved it. I knew when I was in LVN



school that's what I wanted to do and becoming a Nurse Practitioner helped me do more with that," Suzanne said.

During her time at the Texas Department of Health, she witnessed a lack of compassion and quality of care for the women who were on government assistance or were underinsured or not insured at all, some of them being teen mothers. "My heart is with the teen moms and the thing that always made me most proud working with them is when I would watch them progress and become great mothers," she said.

"A lot of people think that teen moms aren't going to make great moms because they think they're too young and immature. But I've watched them move on and become wonderful mothers and

that's what is so rewarding for me."



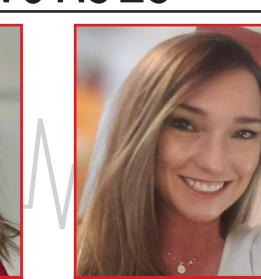
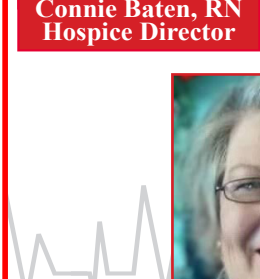
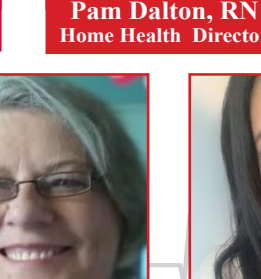


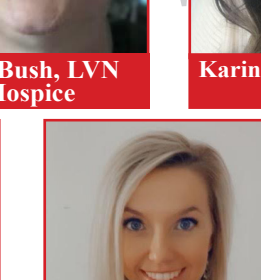
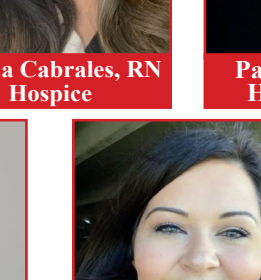

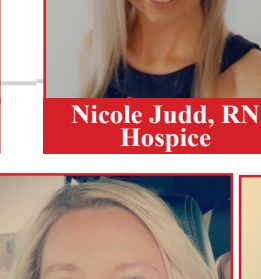
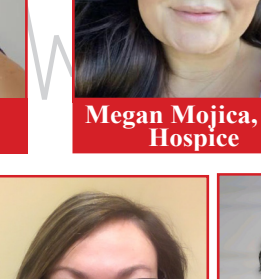

Tugging on her heart strings, Suzanne's mission became apparent: to deliver not only the best in medical and clinical care, but to also provide the emotional support for every patient that is just as crucial, no matter their background or circumstance.

During the Covid pandemic, it's undeniable that those in the medical field were on the frontlines, braving through the exposure of the disease to treat those who were infected, but with the very restrictive regulations that had been put into place, places like the Women's Clinic were deeply affected.

Patients were unable to receive those regular services that they relied so much upon, from yearly exams to prenatal care. I

PRESSON cont. on page 3

PROUD OF OUR NURSES

 Connie Baten, RN Hospice Director	 Pam Dalton, RN Home Health Director	 Alisha Bliss, RN Home Health	
 Gail Bush, LVN Hospice	 Karina Cabrales, RN Hospice	 Pam Crain, RN Home Health	
 Jonna Jones, RN Hospice	 Nicole Judd, RN Hospice	 Megan Mojica, RN Hospice	
 Anita Myers, LVN Home Health	 Dusti Ott, LVN Hospice	 Brittany Robbins, LVN Home Health	 Maria Soto, LVN Home Health



Happy National Nurses Day

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HOME CARE AND HOSPICE

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Presson

Continued From Page 2

was a difficult experience not only for the patients, but for the healthcare workers as well who took every patient's case to heart.

"When the pandemic happened, it really affected women's health and we were not able to do our routine physicals on women. We were keeping people out of the office as much as possible. It affected the OB care because we were trying not to have the women so close together. It was definitely a challenge because we were doing televisits and in OB, it's really hard to do those because you can't hear the baby, you can't do blood pressure, we couldn't do any of that," Suzanne said.

The medical field took a major loss after the pandemic, leaving a massive shortage of nurses, but Suzanne is hopeful that with the accessibility of

educational resources being offered in school and the expansion of options for employment for a nurse, that gap will begin to close.

"There's always a place where a nurse can work. There will never not be a job. There's such a variety of places for nurses to work, where when I started, it was the hospital, nursing home or the doctor's office. But now the field is wide open."

Suzanne's career has spanned more than 40 years and her passion for helping women remains at the forefront in all she does, speaking on the strength and determination that women as a whole possess.

"Women are notorious for putting everyone else in the family first. That's how we all are. At least once a year, take care of yourself," she smiled.

For more information about the services that the Women's Clinic provides, visit their location at 3023 Perryton Parkway, Suite 104 in Pampa.

Shawn Moore: Providing the First Steps to Success

By GENEVA WILDCAT
reporter@thepampanews.com

While many people would believe that obtaining any sort of license in the medical field would be a long and arduous journey confined only within the walls of a college or university, the path actually begins right here in Pampa High School where students interested in the field can begin their coursework as early as freshman year.

Shawn Moore's 23-year medical experience is quite impressive, being a licensed paramedic in the state of Texas and having served in the Air Force as a medic and as an independent-duty medical technician, making him the perfect man for educating young students.

"I love medicine, but as



I've gotten older, I wanted to transition towards teaching," Moore said. "I wanted to put my passion for what I loved to do onto high school students."

Moore is currently on his second year of teaching at Pampa High School, but

he had previously worked for the school district in prior years before the Covid pandemic, when he decided to go back into the medical field.

He quickly realized that his heart had been left in the classroom and with

previous students expressing how much they had learned in his class and that he truly was missed, he was inspired to go back.

But with constant new medical advances and

MOORE cont. on page 4

Spotlight on Nurse Educators

Nurse educators play a crucial role in shaping the next generation of health care professionals, imparting knowledge, skills and values that are essential for providing high-quality patient care.

With a focus on teaching, mentoring and inspiring future nurses, nurse educators contribute significantly to the advancement of nursing practice and the improvement of health care outcomes.

TEACHING

One of the primary responsibilities of nurse educators is to develop and deliver comprehensive educational programs that prepare students for the challenges of modern health care settings. Whether in academic institutions, hospitals or clinical settings, nurse educators design curriculum, create learning materials and facilitate interactive learning experiences that foster critical thinking, clinical reasoning and evidence-based practice.

In addition to classroom instruction, nurse educators engage in clinical supervision and mentorship, guiding students through hands-on patient care experiences and helping them apply theoretical knowledge to real-world scenarios. By providing construc-



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tive feedback, encouragement and support, nurse educators help students develop confidence, competence and professional identity as they transition from students to practicing nurses.

The U.S. Bureau of Labor Statistics reported in 2022 that there were 69,190 nursing instructors and teachers in post-secondary settings. The National League for Nursing offers certifications for those pursuing nurse educator careers. They include certified nurse educator, certified aca-

demie clinical nurse educator and certified novice nurse educator.

RESEARCHING AND ADVOCACY

Nurse educators contribute to the advancement of nursing knowledge through scholarly research, publishing academic papers and presenting at conferences. By conducting research on nursing education, health care policy and clinical practice, nurse educators contribute to evidence-based practice and drive inno-

vation in nursing education and health care delivery.

Moreover, nurse educators serve as role models and advocates for the nursing profession, promoting ethical practice, cultural competence and social responsibility among students and colleagues. Through their commitment to lifelong learning and professional development, nurse educators inspire others to pursue excellence in nursing and make a positive effect on the health and well-being of individuals, families and com-

munities.

ROLE OF NURSE EDUCATORS

Daily Nurse reports that another form of nurse educators are those who educate patients. Often called a patient education coordinator, they explain medical procedures, medications and diseases to patients and their families. They often work in clinics, hospitals and home health care agencies.

As the demand for nursing professionals continues to grow, nurse educators play a vital role in addressing workforce shortages, promoting diversity and inclusivity and preparing nurses to meet the evolving needs of diverse patient populations. By fostering a culture of learning, collaboration and continuous improvement, nurse educators empower students to become competent, compassionate and confident leaders in health care.

Nurse educators shape the future of the nursing profession and contribute to the delivery of safe, effective and patient-centered care. Through their dedication, expertise and passion for teaching, nurse educators inspire and empower the next generation of nurses to make a difference in the lives of others and drive positive change in health care. Their influence extends far beyond the classroom, leaving a lasting legacy that shapes the future of nursing for years to come.

THANK YOU TO ALL OUR NURSES!

We appreciate all you do!



PAMPA ISD



Happy Nurses Week!

Thank you for all

you do!

The Pampa News



Moore

Continued From Page 3

new information always coming out, Moore is on a continuous learning journey himself and he remains adamant on teaching everything he learns along the way to his students.

Understanding that the medical field isn't for everyone, the curriculum at Pampa High School is split in such a way that allows the students to dip their toes in the water to see if it's something they want to continue with, the later courses being more in depth and hands-on.

"The program is kind of unique. We've got it set up where it's split. So freshmen and sophomores go to another teacher, Theresa Cline, who teaches principles of health science and medical terminology," Moore said.

"I teach the juniors and seniors and my focus is on theory and practicum. With our practicum course, I have currently two certification programs that offer students an opportunity that if they pass an adult certification course, they can walk out of high school job-ready and be able get hired anywhere."

"Currently I offer clinical/medical assisting and

phlebotomy. It's going to be changing because we are currently looking at new curriculum. I want to continue to enhance what we learn and of course the trend is more towards online and computer-based. I'm still very traditional and still use powerpoints. Medicine has so much to cover, I can't just talk about it, I like have to have pictures and discuss it. My stories and the things I've seen over the years play an integral role into what we learn in class. Sometimes they're funny, but sometimes they're sad. I want my students to have a real-world view of what they're getting into. I won't sugarcoat anything."

Moore believes that medicine can't be taught without a hands-on approach, so in the clinical classroom sits a life-size dummy that once the switch is flipped, comes to life.

Controlled by an Ipad, the dummy can do practically "everything short of get out of bed and have a conversation with you," as Moore put it.

"I can control a lot of his bodily functions. He can breathe, you can feel his pulse, hear his lungs and heart sounds and bowels. We can intubate him."

Moore mentioned that when eighth graders at the Junior High come and

take a tour of the High School and visit the CTE building and see this life-size dummy, some students are either horrified or have decided that they absolutely want to take those classes.

Aside from medical and clinical instruction, Moore also teaches life lessons for these students who are about to step foot into the adult world, helping guide those who may be unsure of what their next move should be.

With a rigorous curriculum, there are going to be students who may not pass their tests on the first try despite the amount of studying and work they did, and sometimes emotions may get the best of them, but that's where Moore steps in to offer a listening ear and an understanding perspective.

"Me being a dad, it's hard to see some students go through that. I would rather them be in a safer environment where we can have those conversations about what went wrong and what can be better. It gives me a chance to encourage them through the next test because it's not the end of the world."

"Not only do I teach the healthcare stuff, but we get to have the real-world conversations about what the future looks like."

Clarendon College Nursing Program: Education Right Here at Home

By GENEVA WILDCAT
reporter@thepampanews.com

For many years, the Nursing Program at Clarendon College Pampa Center has provided students who have a passion for helping people within the medical field the golden opportunity to obtain their nursing licenses here at home.

The two instructors for the program are Sherrie Denham and Debbie O'Neal, both experienced and skilled in their professions as nurses and educators.

Sherrie has been the instructor for the Nursing Program for nearly seven years, but her experience in the medical field is extensive, working in multiple places during her career.

Debbie has been an LVN nurse for nearly 20 years, working on finishing her classes to obtain her RN license through the Clarendon College program.

After working several years in surgery, Debbie became an instructor for Clarendon College and for the last 12 years, she has floated between Pampa and Clarendon teaching LVN students the clinical, skills, CNA and intro portion of the program.

Clarendon College's Nursing Program begins with Introduction to Nursing that starts in August and goes through December, where students can then take the CNA test and also take a couple of LVN classes during that time.

The LVN program begins in January and goes through December and

for students wishing to obtain the RN license can sign up for that program in May and it goes through to May of the following year.

"If their ultimate goal is to become an RN and if the school offers dual credit classes, we advise that they take Speech, English 1301, A&P 1 and 2. We are looking at possibly putting a health sciences program in our high school that would be a lot like our intro program so they could get their CNA and a couple of LVN classes out of the way while still in high school. Currently we're just in discussion with a couple of high schools, but that is our ultimate goal, so that those high school students could just transfer into Clarendon. We do have CNA programs in the summer when we get enough applicants, and then working as a CNA would help them get a foot in the door to see if they would like nursing," Sherrie said.

Due to a massive shortage of nurses in Texas, Sherrie encourages those who wish to enter the field to do so and take advantage of the step-by-step program Clarendon College offers.

"Right now in the state of Texas, the shortage of RNs and LVNs is about 500,000 nurses short, just in our state alone. Within the next five years, we will be a million nurses short if we don't replace who is retiring or leaving. We want to promote nursing to our high school students as a very viable option. It is the best decision I've ever made."

She also added that having a nursing license gives nurses an opportunity to work in multiple places and not just limited to hospitals, as was the stigma many years ago.

"When you get bored, you can work somewhere different. I've worked in the ER, Medsurg, OR homehealth care, long term care. Now I get to teach, so there are so many places to work. You get to see people when other people don't. I get to see you when you have a baby, I get to see you when you transition from this world to the next. It's a privilege," Sherrie smiled.

In recent years, especially after the Covid pandemic, the curriculum now includes mental health that addresses the affects of nurses dealing with multiple deaths and having to go from one patient to the next without taking care of one's own emotional health.

"We actually added mental health training. We have a course that deals with when someone passes away and the nurses in the critical care unit typically just go from one client to the next without taking a minute to decompress. They are new mental health guidelines are that nurses take a few minutes to acknowledge that that was a life that passed, acknowledge that you did all you can do, have your moment to take a breath and then move to the next."

"Historically, we were told that nurses never cry and this is what they signed up for. But now they realized that this is

COLLEGE cont. on page 6

Telehealth and Virtual Nursing

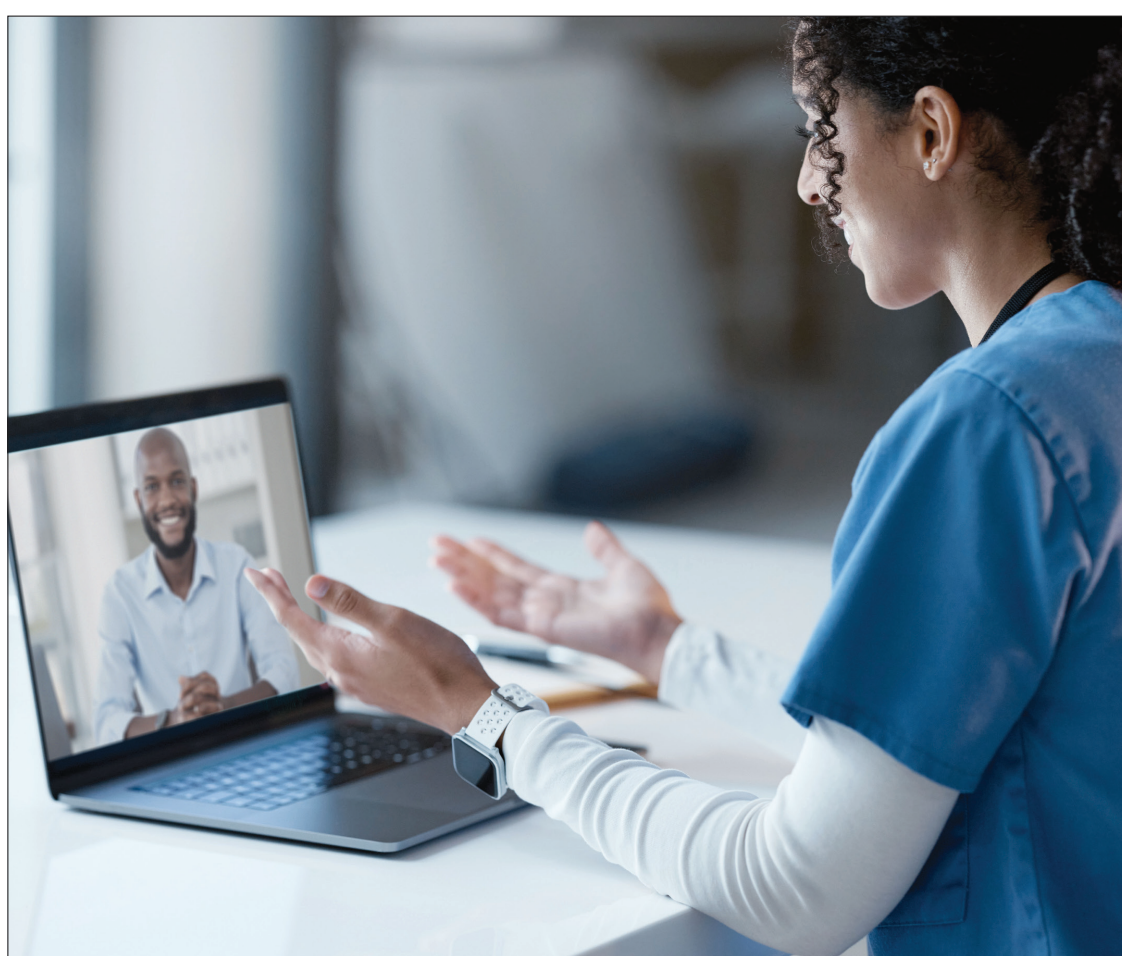
Telehealth and virtual nursing have emerged as innovative approaches to health care delivery, leveraging technology to provide remote medical services, consultation and support to patients.

With the widespread adoption of digital communication tools and the increasing demand for convenient and accessible health care services, telehealth and virtual nursing offer numerous advantages while also presenting unique challenges.

ADVANTAGES

Telehealth and virtual nursing overcome geographical barriers, allowing patients to access health care services regardless of their location. Patients in rural or underserved areas, as well as those with mobility limitations or transportation issues, can receive timely medical assistance and follow-up care from home.

Telehealth appointments offer convenience and flexibility for patients, who can schedule virtual consultations at their preferred time without the need to travel to a health care facility. Virtual nursing services enable patients to receive medication management, chronic disease monitoring and health education remotely, saving time



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and reducing disruptions to their daily routines.

By reducing the need for in-person visits, telehealth and virtual nursing can lower health care costs for patients and providers alike. Virtual consultations eliminate expenses associated with transportation, parking and facility fees, making health care more affordable and accessible for individuals and families.

Telehealth platforms and virtual nursing services facilitate enhanced communication between patients and provid-

ers, fostering greater engagement, collaboration and shared decision-making. Patients appreciate the convenience of virtual interactions and report higher levels of satisfaction with telehealth experiences compared to traditional health care delivery.

Telehealth and virtual nursing support continuity of care by enabling seamless communication and information exchange between health care providers, patients and caregivers. Virtual consultations allow for timely follow-up appoint-

ments, medication adjustments and care coordination, ensuring that patients receive consistent and comprehensive health care services.

CHALLENGES

Access to telehealth services may be limited by technological barriers, including lack of internet connectivity, digital literacy and access to compatible devices. Patients from underserved communities or older populations may face challenges in navigating virtual platforms and using telehealth

tools effectively.

Telehealth and virtual nursing raise concerns about patient privacy and data security, particularly regarding the storage and transmission of sensitive medical information. Health care organizations must implement robust cybersecurity measures and compliance protocols to safeguard patient confidentiality and protect against data breaches.

Telehealth regulations and reimbursement policies vary by state and payer, creating complexity and uncertainty for health care providers and patients. Regulatory barriers, licensure requirements and reimbursement disparities may hinder the widespread adoption and sustainability of telehealth and virtual nursing initiatives.

Disparities in access to technology and digital infrastructure contribute to a "digital divide," exacerbating inequities in health care access and outcomes. Vulnerable populations, including low-income individuals, racial and ethnic minorities and rural communities, may face greater challenges in accessing telehealth services and receiving quality care.

While telehealth and virtual nursing offer many benefits, certain aspects of patient care may be limited by the lack of in-person interaction and physical examination. Health care providers must exercise clinical judgment and adapt their approach to virtual consultations to ensure accurate diagnosis, treatment and patient safety.

Interim

Continued From Page 2

managed, their pain is managed and their families have an opportunity to see and talk to them. Hospice is a spiritual experience and I tell everyone that I talk to about it that this isn't just for the

patient—it's for the caregivers and the family because bereavement goes a year after. Our Chaplain provides bereavement for the family a year after. It's a beautiful thing." "Being on hospice doesn't change the illness. It changes the quality of their life." Another misconception about patients being on hospice care is that they are bound to a bed at home and unable to go anywhere, but Jamilou also shattered that common belief. "They can come and go as they please if they feel like it. They can go on vacation! The nurses prepare their meds for them

and they go wherever they want," she said. The community outreach of Interim is certainly impressive, from delivering birthday cakes once a month to handing out valentines written by Pampa students to the nursing homes, and Interim is always looking for volunteers who want to help make a difference in the lives of these cherished members of the community. Jamilou has worked for Interim for 14 years and has no intention of ever slowing down, keeping the services that the company provides and the dedication and hard work of everyone involved close to her heart. "I work for a company who is honest and has integrity. It is truly about the patient at Interim." For more information about Interim Healthcare or to schedule a consultation, call 806-665-1445 or visit their location at 2217 Perryton Parkway in Pampa.

Navigating Ethical Dilemmas

Nurses interact with people during some of their most vulnerable moments and in highly personal ways.

It's why they often find themselves confronted with challenging ethical dilemmas that require careful consideration and decisive action.

The American Nurses Association developed a Code of Ethics for Nurses in the 1950s. It has been revised over the years to respond to technological advances and changes in society and the nursing field.

Gallup takes a poll every year asking how the public ranks various professions for having high honesty and ethics. For 22 straight years, nurses come in as the most respected in terms of honesty and ethics. In 2024, 78% of the poll takers perceived them as honest.

Common ethical issues that nurses grapple with are patient autonomy, confidentiality, resource allocation and end-of-life care nurses must navigate complex situations while upholding ethical standards and providing compassionate care.

PATIENT AUTONOMY

One of the fundamental principles in health care ethics is respect for patient autonomy, which emphasizes the right of individuals to make informed decisions about their care. Nurses are expected to provide adequate information to allow



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patients to make their own decisions based on their beliefs and values, even if they aren't the ones that the nurse would make.

However, nurses may encounter situations where patients' autonomy conflicts with their well-being or poses risks to themselves or others. For example, a patient refusing life-saving treatment due to religious beliefs presents a moral dilemma for nurses torn between honoring the patient's autonomy and their duty to promote health and prevent harm.

CONFIDENTIALITY AND PRIVACY

Maintaining patient confidentiality is paramount in nursing practice to build trust and safeguard sensitive information. Yet, nurses may face ethical dilemmas when balancing confidentiality with the duty to protect others from harm, such as in cases of suspected child abuse or threats to public safety.

Striking the right balance between respecting patients' privacy rights and fulfilling legal obligations requires careful judgment and adherence

to professional standards.

RESOURCE ALLOCATION

In resource-limited health care settings, nurses often confront ethical dilemmas related to resource allocation, where competing needs and priorities must be weighed against available resources. For instance, deciding how to allocate scarce medical supplies during a public health crisis or prioritizing care for patients with life-threatening conditions can be morally challenging.

Nurses must advocate for

equitable distribution while considering the broader effect on patient outcomes and community well-being.

END-OF-LIFE CARE

Navigating end-of-life care presents complex ethical dilemmas for nurses, involving decisions about pain management, withdrawal of life-sustaining treatment and advance care planning. Balancing the principles of beneficence and nonmaleficence, nurses strive to provide compassionate care while respecting patients' wishes and upholding their dignity.

Engaging in open and honest communication with patients and their families, exploring treatment options, and ensuring access to palliative care resources are essential in navigating end-of-life dilemmas.

ETHICAL DECISION-MAKING

When faced with ethical dilemmas, nurses can employ ethical decision-making frameworks to guide their actions and resolve conflicts. These frameworks typically involve identifying the ethical issue, gathering relevant information, considering alternative courses of action, evaluating potential outcomes and consulting with interdisciplinary teams or ethics committees.

Engaging in reflective practice and seeking mentorship from experienced colleagues can also enhance nurses' ethical reasoning skills and confidence in decision-making.

Nursing and Public Health

Nurses play a pivotal role in promoting public health and advancing community well-being through their expertise, compassion and commitment to patient care.

Beyond clinical settings, nurses actively engage in public health initiatives and community outreach efforts, addressing a wide range of health challenges and advocating for preventive measures, education and health promotion strategies.

HEALTH EDUCATION AND PROMOTION

Nurses serve as educators and advocates for health promotion, disease prevention and healthy lifestyle behaviors within communities. They develop and implement educational programs, workshops and outreach events to raise awareness about common health issues, such as nutrition, exercise, immunizations and chronic disease management.

By empowering individuals and families with knowledge and skills to make informed health decisions, nurses contribute to reducing health disparities and improving overall community health outcomes.

DISEASE PREVENTION AND CONTROL

In collaboration with public



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health agencies and community organizations, nurses play a critical role in disease surveillance, monitoring and control efforts. They conduct screenings, immunizations and health assessments to identify and mitigate health risks within populations.

During public health emergencies, such as infectious disease outbreaks or natural disasters, nurses are at the forefront of response efforts, providing emergency care,

conducting contact tracing and implementing infection control measures to prevent the spread of illness and protect public health.

COMMUNITY HEALTH ASSESSMENTS

Nurses conduct comprehensive community health assessments to identify prevalent health issues, social determinants of health and gaps in health care services within specific populations. Through data

collection, analysis and collaboration with community stakeholders, nurses develop targeted interventions and initiatives to address priority health needs and promote health equity.

By engaging with diverse communities and understanding their unique cultural, socioeconomic and environmental contexts, nurses can tailor interventions and resources to meet the needs of underserved and vulnerable populations.

HEALTH POLICY ADVOCACY

Nurses advocate for evidence-based health policies, legislation and regulatory measures that promote public health, improve access to health care services and address social determinants of health.

Through professional organizations, grassroots campaigns and policy forums, nurses contribute their expertise and voices to shaping health care policy agendas and advancing health equity initiatives. By advocating for equitable access to health care resources, funding for public health programs and support for vulnerable populations, nurses champion policies that promote the health and well-being of communities.

COLLABORATIVE PARTNERSHIPS

Nurses collaborate with multidisciplinary teams, including health care providers, public health professionals, community leaders and policymakers, to address complex health issues and achieve collective impact.

By fostering partnerships and building coalitions, nurses leverage collective expertise, resources and networks to develop innovative solutions, implement evidence-based interventions and drive sustainable change. Through effective communication, collaboration and shared leadership, nurses strengthen the capacity of communities to address health challenges and improve population health outcomes.

College

Continued From Page 4

not healthy.”

The Nursing Program at Clarendon College is designed to help potential nurses become the best in their field, and with that comes a lot of hard work, dedication and the instructors are right there to offer a strong support system.

“It is a huge commitment, but your instructors will help you. We have tutoring and you can even come in and vent to us if you need to! No one knows what you’re going through in Nursing School except for those who have been through it,” Sherrie said.

“It is a joy and a privilege to do what I do. To see that progression from the time they come in brand new and later years down the line and now they a Master’s Degree or they’re the Director of something is such a joy to see. It just makes me so happy. We’ve had some students go on to do some really great things. One of my students delivered my grandchild! We’ve had previous students that have saved people’s lives in our family! To know that we were a little part of that journey is just amazing.”

For more information on the Nursing Program at Clarendon College Pampa Center, call 806-665-8801 or visit their location at 1601 W. Kentucky.

Florence Nightingale: Pioneer in Nursing

Florence Nightingale was an English social reformer, statistician and the founder of modern nursing.

Nightingale came to prominence while serving as a manager and trainer of nurses during the Crimean War, in which she organized care for wounded soldiers at Constantinople.

She significantly reduced death rates by improving hygiene and living standards.

In addition to vastly improving the sanitary conditions of the hospital, Nightingale created a number of patient services that contributed to improving the quality of their hospital stay.

She instituted the creation of an “invalid’s kitchen” where appealing food for patients with special dietary requirements was cooked.

She established a laundry so that patients would have clean linens.

She also instituted a classroom and a library for patients’ intellectual stimulation and entertainment.

Based on her observations in Crimea, Nightingale wrote Notes on Matters Affecting the Health, Efficiency and Hospital Administration of the British Army, an 830-page report analyzing her experience and proposing reforms for other military hospitals operating under poor conditions.

The book would spark a total restructuring of the War Office’s administrative department, including the establishment of a Royal Commission for the Health of the Army in 1857.

Nightingale gave nursing a favourable reputation and became an icon of Victorian culture, especially in the persona of “The Lady with the Lamp” making rounds of wounded soldiers at night.

Nightingale was a pioneer in statistics; she represented her analysis in graphical forms to ease drawing conclusions and actionables from data.

With the support of Queen Victoria, Nightingale helped create a Royal Commission into the health of the army.

It employed leading statisticians of the day, William Farr and John Sutherland, to analyze army mortality data, and what they found was horrifying: 16,000 of the 18,000 deaths were from preventable diseases—not battle.

But it was Nightingale’s ability to translate this data into a new visual format that really caused a sensation.

Her polar area diagram, now known as a “Nightingale Rose Diagram,” which is still regularly used in data visualisation. showed how the Sanitary Commission’s work decreased the death rate and made the complicated



data accessible to all, inspiring new standards for sanitation in the army and beyond.

She became the first female member of the Royal Statistical Society and was named an honorary member of the American Statistical Association.

In 1908, at the age of 88, she was conferred the merit of honor by King Edward. In May of 1910, she received a congratulatory message from King George on her 90th birth-

day. Nightingale was a prodigious and versatile writer. In her lifetime, much of her published work was concerned with spreading medical knowledge.

Some of her tracts were written in simple English so that they could easily be understood by those with poor literary skills.

She was also a pioneer in data visualisation with the use of infographics, using graphical presentations of statistical data in

an effective way.

The Florence Nightingale Museum, which sits at the site of the original Nightingale Training School for Nurses in London, houses more than 2,000 artifacts commemorating the life and career of the “Angel of the Crimea.” To this day, Florence Nightingale is broadly acknowledged and revered as the pioneer of modern nursing.

Mental Health Awareness

In the demanding and emotionally charged field of nursing, practitioners have to engage in mental self-care before they can provide optimal care to patients.

Nurses face unique stressors, including long shifts, high patient volumes and emotionally challenging situations, making it essential to develop coping strategies and access support resources.

While the COVID-19 pandemic introduced new and unique stressors to the nursing field, there is evidence that there has been minimal recovery, even with the industry talking about the importance of mental health care for nurses.

In a survey by Trusted Health, it was found that since the COVID-19 pandemic began, 75% of nurses experienced burnout, 68% have had compassion fatigue toward their patients, 64% have experienced depression, 64% have had declining physical health and 50% have experienced feelings of trauma, extreme stress or PTSD.

Acknowledging and validating one’s emotions is a fundamental step in promoting mental health awareness among nurses. It’s normal to experience stress, compassion fatigue and burnout in this profession, and suppressing these feelings can exacerbate



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their effect. Nurses should feel empowered to express their emotions openly, whether through peer support groups, counseling services or reflective journaling.

Fostering a culture of self-care within nursing environments is essential for promoting mental well-being. Nurses often prioritize the needs of others over their own, leading to neglect of their physical and

emotional health. Encouraging regular breaks, mindfulness exercises and relaxation techniques can help nurses recharge and prevent burnout. Additionally, promoting healthy lifestyle habits such as exercise, nutrition and adequate sleep can enhance resilience and coping abilities.

Developing strong support networks is another vital aspect of mental health aware-

ness for nurses. Building connections with colleagues, mentors and professional networks provides opportunities for mutual support, sharing experiences and seeking guidance during challenging times. Peer support programs, mentorship initiatives and online forums can facilitate these connections and create a sense of camaraderie among nurses.

Moreover, access to compre-

hensive mental health support resources make a difference for nurses facing significant stressors or mental health challenges. Health care organizations should prioritize providing confidential counseling services, employee assistance programs and access to mental health professionals trained in addressing the unique needs of nurses.

Nurse Journal maintains a list of mental health resources for nurses including hotlines, courses and organizations that provide support. The list can be found at <https://nursejournal.org/resources/nurse-mental-health-resources/>

Education and training on stress management, resilience-building and self-care techniques can be integrated into nursing curricula and professional development programs.

Recognizing the importance of mental health awareness, many health care institutions are implementing initiatives to support nurses’ well-being. These initiatives may include regular mental health screenings, wellness workshops and dedicated spaces for relaxation and reflection. By investing in the mental health of their nursing staff, organizations can improve job satisfaction, retention rates and ultimately, patient outcomes.

Together, health care organizations, educators and nursing professionals must continue to advocate for mental health awareness and support within the nursing profession.

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STEP ONE

Entrance Requirements

- High School Diploma, GED or Ability to Benefit Test



STEP TWO

Introduction to Nursing

- One Semester Program, includes CPR Certification
- CNA testing available on completion



STEP THREE

Vocational Nurse

- One Year Program, 48 credit hours

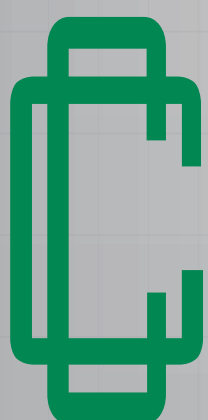
STEP FOUR

Registered Nurse

- One Year Program, 39 credit hours



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