

# A 2025 Special Publication by The Pampa News

Salute to  
Nurses



## Happy Nurses Week May 6-12<sup>th</sup>



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# 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 birthday.

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.

Although Florence Nightingale died on August 13th, 1910 at the age of 90, her legacy continues. Two years after her death, the International Committee of the Red Cross created the Florence Nightingale Medal, that is given to excellent nurses every two years.

Also, International Nurses Day has been celebrated on her birthday since 1965. In May of 2010, the Florence Nightingale Museum at St. Thomas’ Hospital in London reopened to honor the hundredth anniversary of Nightingale’s death.

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.

# 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, 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 hospice 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

**INTERIM** cont. on page 4



Carmen Knutson

## Happy National Nurses Day

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## WE HONOR OUR NURSES

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# Shawn Moore: Providing the First Steps to Success

**By GENEVA WILDCAT**  
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 third 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 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 clini-

cal/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 student 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.”

**SALUTE TO NURSES** | EDUCATION

## Considering Nursing School?

There’s still a significant shortage of registered nurses in the U.S.

Those who are interested in studying to become a nurse will be filling a critical need in health care. It might not take as long as you think: Nursing degrees are typically completed in two to four years. Having an associate degree is the minimum requirement, but many potential employers prefer candidates with a bachelor’s. To practice as a registered nurse, you must successfully pass a special RN examination and then obtain a license in your state. Those who pursue board certification may need additional years of clinical experience. There are grants, loan programs and payment reduction and forgiveness options to consider, as well.

### FINANCIAL ASSISTANCE

There are lots of programs that can help finance a nursing education. There may be grants available, depending on where you eventually work. Consult with financial aid advisors at your chosen school to find out about specific opportunities. Johnson and Johnson sponsors a special search tool for assistance in finding scholarships and other forms of financial aid.

### AFTER YOU GRADUATE

If you’ve already graduated but are struggling with meeting



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student loan payments, explore reduced repayment or forgiveness options. Options like the National Health Service Corps’ Loan Repayment Program are specifically designed to alleviate student debt for nursing professionals. Loans may be reduced or forgiven after a certain number

of payments if you are employed at specific facilities or if you commit to working for two years in areas where there is a shortage of health care staff. Each of the programs has specific eligibility criteria, so thoroughly review the terms and conditions associated with each before signing on.

### LOAN FORGIVENESS

Nurses employed by non-profit organizations or government agencies may be eligible for the Public Service Loan Forgiveness program. This federal initiative forgives a portion of loans after a specific number of qualifying payments have been made. Some

private employers may provide other assistance. The Nurse Corps Loan Repayment Program can reduce up to 60% of your unpaid nursing student loans in exchange for two years of full-time employment. Longer commitments may lead to more benefits.

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# Interim

Continued From Page 2

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 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 every-

one 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 15 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.

# Lifting Spirits One Interaction at a Time

**BY GENEVA WILDCAT**

If there's ever a condition that is so devastating in its entirety, it would be dementia-a collection of symptoms that include a decline in cognitive abilities that can be severe enough to impair daily life and independent function.

Different types of dementia are associated with particular types of brain cell damage in particular regions of the brain. For example, in Alzheimer's disease, high levels of certain proteins inside and outside brain cells make it hard for brain cells to stay healthy and to communicate with each other. The brain region called the hippocampus is the center of learning and memory in the brain, and the brain cells in this re-

gion are often the first to be damaged. That's why memory loss is often one of the earliest symptoms of Alzheimer's.

Early signs and symptoms are:

- Forgetting things or recent events
- Losing or misplacing things
- Getting lost when walking or driving
- Being confused, even in familiar places
- Losing track of time
- Difficulties solving problems or making decisions
- Problems following conversations or trouble finding words
- Difficulties performing familiar tasks
- Misjudging distances to objects visually.

Common changes in mood and behaviour in-

clude:

- Feeling anxious, sad, or angry about memory loss
- Personality changes
- Inappropriate behaviour
- Withdrawal from work or social activities
- Being less interested in other people's emotions

The cognitive decline may also cause older adults to behave more childlike, finding joy and comfort in simple child's play. It's this symptom that many people don't tend to think of when they hear 'dementia', but more so just the lapses in memory that the condition is associated with.

Interim Healthcare has jumpstarted a brand new program that allows dementia patients in nursing

**SPIRITS** cont. on page 5

# 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, Med-surge, 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."

**COLLEGE** cont. on page 5

**SALUTE TO NURSES** | CELEBRATING HEROES

# Supporting Nurses

These heroes are the gears that make our health care system work.

Long hours, short staffing and difficult cases can all too often lead to stress and burn-out. The COVID-19 pandemic has receded, but nurses are still managing countless cases of flu, stroke, heart attacks, injury and other common ailments.

All of it is made worse by patients and family members who are impatient, uncooperative or simply rude. Let's join together to treat nurses with the kindness and respect that they deserve — both at the office and in our communities.

Here's how to show your appreciation:

**OBEY THE RULES**

Avoid the doctor's office if you can through better nutrition, regular exercise and making good life choices. Get vaccinated as recommended, take your medications and always follow the advice you get from health care professionals.

If you get sick or simply need a checkup, do your part when visiting the doctor's office or hospital by waiting patiently and following instructions. There is little nurses can do about the number of other patients waiting in front of you. They may be taking on increasing responsibilities in managing the office



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that affect the timing of your evaluation and diagnosis.

## SAY THANK YOU

Nurses typically strive to provide patient care without the need for any recognition, but we all know how a kind word can brighten any day. Organize events to show your appreciation for health care

workers. This might mean catering a lunch, signing them up for a spa day or giving gift cards.

Volunteer to help with things like running errands or childcare. Your local government, community or religious leaders may be willing to create something on an even larger scale. Any gesture, large

or small, will go a long way in showing how much you appreciate the sacrifices made to keep us all healthy and happy.

## BE AN ADVOCATE

Learn more about the challenges nurses face through information provided by various nursing and health care

associations.

Reach out to friends and family who work in nursing to find out whether there are specific needs to be addressed. Then support legislation and policies that benefit health care professionals such as nurses. Support nonprofits working on their behalf, as well.



# College

Continued From Page 4

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 not healthy.” The Nursing Program at Clarendon College is designed to help poten-

tial 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.



# Spirits

Continued From Page 4

homes all over the Texas panhandle with this often overlooked symptom to engage and ‘play’ with baby dolls, essentially elevating a sense of calmness and happiness in the patient while reducing any anxiety and depression they may have. “It is the introduction of life-like baby dolls to individuals living with dementia as a positive form of engagement,” Interim’s Business Development Specialist and Community Liaison, Jamilou Williams said. “The dolls possess realistic qualities such as hair, skin, eyelashes, weighted bodies, and the patients are still drawn to them even if they identify the baby as just a doll. Interactions with these babies have been proven to reduce behavioral and psychological effects of dementia

and it releases oxytocin, providing calm and comfort.” “We have five of those babies and we set up with the facility to ask them for recommendations on some of their patients that might benefit from this. We take them and let them hold them and it’s a matter of just telling them, ‘we need a babysitter for a short while, would you be willing to hold the baby?’ and when we are ready to leave we tell them, ‘it’s time for the baby to go home to its mama.’” Each patient engages with the baby doll for about 30 minutes, a time frame that has seemed to work so far as to not cause the patient to feel like they own the baby and refuse to give it back, but just enough time to allow them to enjoy the interaction. During Interim’s first stop at a nursing home in Borger, they were surprised to find that the

comfort the dolls bring isn’t just limited to patients suffering from dementia, but also for those who may not have ever gotten a chance to hold their own baby or have lost a child. “We had a lady that had had difficulty trying to have a baby or she had lost a baby and didn’t ever have one again, and so she is asking to hold the babies herself. We have found that it is for more than just people with dementia.” The core of Interim’s mission is providing the utmost care to every patient regardless of their condition, understanding that every need is unique and are willing to go to great lengths that many would fear to tread. “I will tell you that Interim tries its best to be innovative and looking for new programs and anything that can help a patient. That’s what our goal is: to improve the quality of our patients’ lives.”

# How To Pay Homage To Dementia Care Workers

Dementia can affect just about anyone. The World Health Organization says 57 million people had dementia worldwide in 2021, and every year there are nearly 10 million new cases. Dementia can result from a variety of diseases and injuries that affect the brain. Alzheimer’s disease is one of the more prevalent and well-known types of dementia. While many people living with dementia may be able to manage on their own for a few years, or with somewhat minimal help from family, as the disease progresses, professional assistance likely will be needed. Often those facing a dementia diagnosis will require the services of a skilled nursing facility or memory care unit at some point; otherwise, they may have 24-hour, in-home care from a dementia care professional. Caring for those with dementia can be rewarding, but it is very taxing. Alzheimer’s San Diego says 35 percent of Alzheimer’s caregivers report their own health has suffered from their care responsibilities, as

caring for someone with dementia takes an emotional toll. It doesn’t take much to show a dementia care professional that they are appreciated. Here are a few ways to be gracious and honor these compassionate individuals. • Offer kind words. One of the easiest ways to honor memory care workers is to provide support and offer compliments. Saying, “You’re doing a great job,” or “I couldn’t do this without you” will help the professional feel appreciated. • Ask how you can help. Dementia care professionals are being paid for their services, but that doesn’t mean someone can’t pitch in and lend a hand. Offering to sit with the patient so that the worker can take a break for a few minutes, or offering to brainstorm solutions to a problem that has come up is an opportunity to share some of the burden that caring for someone with dementia can bring. • Advocate for care workers. Advocate for policies and programs that provide assistance and resources to demen-

tia caregivers, whether they are professionals or family caregivers. Write to government officials about what more can be done to support these individuals who have very challenging jobs. • Listen to caregivers. Sometimes listening is the best support a person can offer. Dementia care professionals may want to share experiences and feelings without judgment. • Order food for the staff. Bring food platters, beverages and snacks to long-term care facilities so dementia care workers can grab a treat when they have time to do so. Check with the facility beforehand so they can approve any potential offerings, as there may be rules governing how individuals can show their appreciation to the professionals working there. Dementia care professionals work long hours and face challenging conditions that are ever-evolving as patients’ memories decline. Expressions of gratitude and additional gestures can indicate to these vital workers that their efforts have not gone unnoticed.

## TO NURSES | WORKING HOURS

# On the Night Shift

The responsibilities are the same — but there are still new challenges.

Working the night shift as a nurse can require considerable adjustments if your career has thus far been limited to daytime shifts. It’s not just a shift in sleep patterns — though acclimating to a new schedule can pose its own challenges. The nature of emergencies you’ll encounter is likely to differ. Whether you are a newly appointed nurse or a seasoned professional transitioning to the night shift, here are a few tips to smooth out your transition:

### SLEEP SCHEDULE

Obviously, one of the biggest changes associated with night shifts is adapting to a daytime sleep routine. But you’ll need to prioritize getting your rest both for optimal work performance and overall well-being. Experts recommend that night shift nurses create and maintain a consistent bedtime and wake schedule — even on weekends. If you’re having trouble sleeping during the day, avoiding alcohol or caffeinated beverages nearing bedtime may prove beneficial. Consider using earplugs and a sleep mask to block out the day’s light and sound. Install light-blocking window coverings to prevent the sun from lighting up your sleeping space.

### HEALTHIER DIET

If you’re looking to boost your stamina and energy levels, be sure to eat appropriate foods prior to your shift. Go with smaller, lighter meals rather than larger ones throughout the workday, since feeling bloated and full can be particularly challenging during a night shift. Rethink your snacks, too. Pack items such as nuts, raw salads, fresh vegetables and fruits to ensure a balanced diet — and for quick bursts of energy. Consider making other changes to your weekly shopping and meal planning too, including granola bars, gluten-free breads, dried fruits and sugar-free flavored water. Keep everything in a place that’s easily accessible during your shift. That will help you avoid sugar-laden snacks and caffeine when you need a quick energy boost.

### MONITOR HEALTH CHANGES

Medical professionals have determined that those working night shifts may be at increased risk for conditions such as high blood pressure, insomnia, diabetes and daytime drowsiness. If you notice a decline in your health after changing shifts, schedule a checkup.





# Adapting to Change

The challenges are many for nurses, who must deal with evolving strains of disease, staffing issues and complex technology, among many other things.

Increased health care collaboration and managing telehealth appointments provide daily challenges. That's why it's so important for nursing professionals to remain flexible in their practice. They must adopt a growth mindset that fosters continual learning and helps them more effectively navigate the new challenges that are ahead. Here's a look at the ways nurses are adapting to change:

**TECHNOLOGY**

Nurses have to be open and accepting of seemingly ever-changing technological advancements. They regularly incorporate new innovations into their daily practices that help with everything from tracking health outcomes to remote patient visits. Electronic health records have significantly improved patient care by streamlining the paperwork process. Digital systems now track medical histories, offer a place to add real-time notes on progress and alert health care providers to possible medication interactions and allergies.



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**COLLABORATION**

As health issues change or progress, nursing staff often must quickly integrate with others to provide continuing care, including various specialists, administrative assistants and visiting physicians. Nurses maintain a career-long commitment to professionalism while working alongside diverse and rotating teams of colleagues.

**DOCUMENTATION**

Precise documentation creates accurate medical histories. Now available online, this data feeds into future assessments. Some facilities are integrating wearable technology for patients, so nurses must become proficient in tracking health data from smart sensors. Valuable information from these devices may include vital signs and exercise and dietary details. Nurses often must

explain the meaning behind the data with patients who might not understand the new technology. Wearable technology can effectively alert users to potential health issues, but it can't replace the expertise and advice of medical professionals.

**LEARNING**

Part of remaining proactive as a nurse involves staying

informed about best practices and anticipating potential changes across the broader health care landscape. Nurses are constantly pursuing continuous education and related certifications. Many are active members of professional organizations and participate in relevant conferences. They foster collaboration with colleagues and take advantage of online resources.

# How to Avoid Burnout

Practice self-care to balance out long hours of stress and complex situations.

Nurses are involved with so much of what happens in the health care system that burnout might seem inevitable. They're constantly dealing with potentially life-threatening situations while providing emotional support to patients and their families. That dedication to others can lead some nurses to overlook their own health. Self-care is a fundamental need in this profession. Nurses need to prioritize themselves sometimes to maintain their ability to care for others. The American Nurses Association's Code of Ethics goes so far as to state that self-care is a professional obligation.

**WHAT IS 'SELF-CARE'?**

Self-care can directly address the adverse effects that go hand-in-hand with nursing — including chronic stress, depression, anxiety, fatigue, headaches and back pain. But what is self-care? The World Health Organization has defined self-care as “the ability of individuals, families, and communities to promote health, prevent disease, maintain health and cope with illness and disability with or without the support of a health care provider.” One recent survey found that 70 percent of nurses admitted to



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prioritizing patient care over their own well-being.

**ADDRESSING SPECIFIC NEEDS**

The five core aspects of self-care include physical, spiritual, mental, personal and social dimensions. Some add medical and professional self-care. Embrace the specific self-care techniques that address your individual needs. That might mean attending

yoga sessions, establishing a new skincare routine or exploring creative outlets like music.

**STRATEGIES FOR NURSES**

Practical suggestions include getting more exercise, balancing their diet, prioritizing sleep, practicing mindfulness and fostering more personal connections. Set achievable fitness goals,

whether that means reaching 10,000 steps daily and attending regular workout sessions or simply making active choices like taking stairs instead of elevators. Aim for a balanced diet rich in nutrients, and stay hydrated. Prepare healthy snacks and take advantage of any nutritious meal options available at your workplace. Getting a good night's sleep can be challenging during

stressful times. Establish a new calming bedtime routine, create a tranquil sleeping environment and perhaps try aromatherapy. Engage in the present moment through techniques such as deep breathing, taking a nature walk or meditation. And remember, striking a work-life balance keeps you healthy. Nurture relationships with family and friends, enjoy social outings and engage in hobbies.





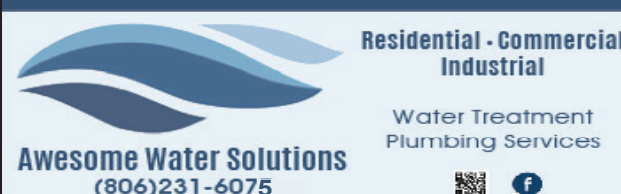
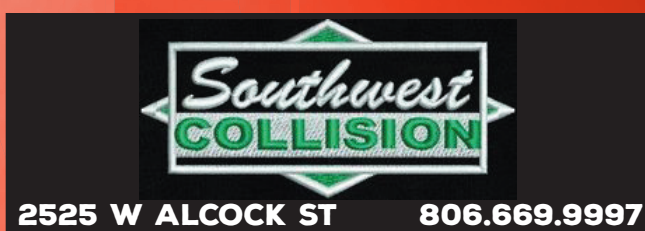
# National NURSES WEEK

**MAY 6-12**

Whether at home, at school or in a hospital setting, **nurses** play a vital role in health care. We are very fortunate to have so many fine **nurses** in the area, and we would like to take this opportunity to thank them for everyting. Together with physicians, you are the **pulse** of our **health care system**.



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# Pathways to Success

## ALLIED HEALTH

### 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



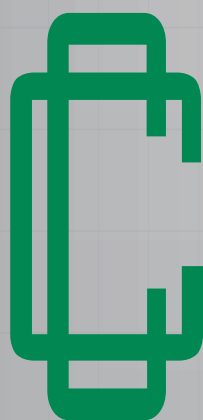
### STEP FOUR

#### *Registered Nurse*

- One Year Program,  
39 credit hours



For more information about the pathways in Allied Health,  
please email: [nursing@clarendoncollege.edu](mailto:nursing@clarendoncollege.edu).



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