January 2022

Happy New Year SPCN members!

2022 has arrived. As we approach the two-year mark of the pandemic, and the widespread prevalence of the omicron variant, the reality of health care burnout, mental challenges, and personal change is forefront for the nursing profession. This is HARD and FRUSTRATING to revert to the days of record daily cases due to rapid transmission. Nursing has been at the forefront throughout this stressful time. Whether you are providing direct care for COVID patients, caring for routine cardiac patients, reassigned to provide COVID testing or telemedicine visits, we are all feeling the weight of this. Now, more than ever, we need to connect with each other and support each other through this crisis. Not sure what to do? Surprise someone by sending them a pick-me-up card, call them for a quick check-in, or send them an inspirational quote via social media. Small gestures like this can make a difference.

Nurses are committed to helping others, but not always good about helping ourselves. Self-care can be one of the best ways to renew our energy and our purpose. Soak in a bath. Schedule a massage. Go for a brisk walk. Read a book. Snuggle up and watch a movie with your favorite partner or animal. Meditate or practice yoga. Whatever it is, find something that allows you to refocus and recharge.

The SPCN board has already started planning our annual educational meeting on November 4 in conjunction with the annual AHA Sessions in Chicago. We will hopefully be able to connect in person and learn from our expert colleagues. We aim to increase membership (look for a special heart event) in February), and identify more opportunities for connecting with each other over the next year.

If you have colleagues in the congenital cardiac world who are not current members of SPCN, invite them to check out our new web site @ www.spcnonline.org and join this fun group. If you haven't reviewed the new site, please login and update your member profile to insure we have your most up-to-date information. Feel free to send me an email if you have feedback on how we can improve your membership.

Thank you for supporting SPCN with your membership. I value the individual strengths and contributions each member brings to this organization. Wishing each of you a safe and healthy beginning to 2022.

Trudy Pierick

January 13, 2022