September 9, 2024

Another season is upon us, and another season of changes. Even if school starting doesn't have a direct effect on you with children (or yourself) heading back to the classroom, there's no doubt some impact on your local community. For me it's all about the volume of people around. During the summer session, we see a dramatic decline in the population in Iowa City, which means open parking spots and no wait time at local restaurants downtown. Then comes the slow trickle back in mid-August that becomes the big move-in the weekend before college classes start. Rush hour becomes an actual thing as traffic bumps with parents transporting kids to school or older kids adding another car to the traffic flow. For me, it's a lesson in patience. Allowing extra time to get to and from work isn't my favorite part of the day, but something I know I must deal with. Patience.

In health care, we also must learn to be patient with our patients and families. Nursing care is a challenging career with the focus on making a difficult (and often stressful) time for patients and families more manageable. Nurses are 'helpers' and enjoy people interactions. We all went into this profession for various reasons, but at the core is that we want to make things better for others experiencing something unusual for them. With this, we get to see all types of emotions, from fear and frustration to sadness and loss to joy and pure happiness. We are challenged to meet the patient and family where they are which requires immense patience, especially if it's a long road with an unclear destination.

I challenge each of you to be that nurse that makes a difference in someone's health care experience. Be patient and listen to their story. Once you have experienced this level of being a 'helper', it will reel you in, and make you want to do it again. We all deserve a little patience these days!

Next up for our transition theme is our last webinar of this series. Join us for an hour of learning and sharing expertise. Share the information with other colleagues and friends who are not yet SPCN members, AND encourage them to join us on this journey.

Transition Education: The Heart Center Experience

Friday September 20, 2024: 11am-12pm Eastern Standard Time

Email abryant@med.umich.edu to register BEFORE September 20

Have non-members join at www.spcnonline.org

Wishing all of you a wonderful fall season.