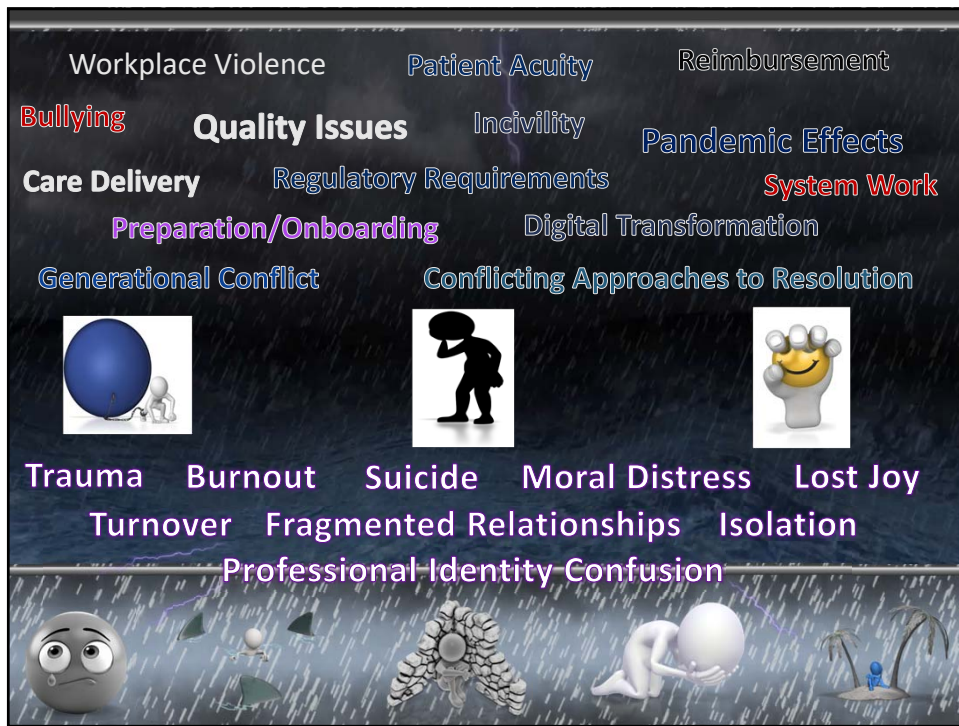




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3



4

Professional Nursing Well-Being



5



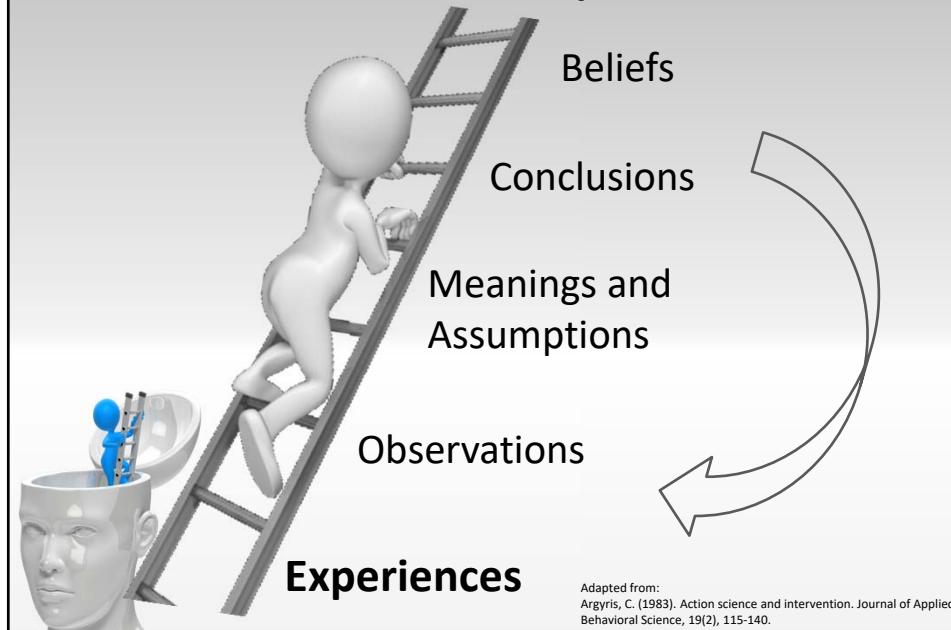
6

Curiosity, Compassion, and Courage



7

ACTIONS/INTERACTIONS



8

Professional Nursing Well-Being



[Seven Facets of Well-being](#) | [UChicago Student Wellness](#) | [The University of Chicago](#)

9

- My Why---photo to be added

My Why: My Promise

10

Foundations of Nursing

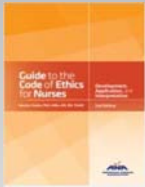
- Code of Ethics
- Standards of Professional Nursing
- Standards of Professional Nursing Leadership
- Nursing's Social Policy Statement



11



Intellectual





- Pursuing Lifelong Learning
- Staying Mentally Stimulated
- Engaging Creativity

Curiosity



- Research and Scholarly Inquiry
- Develop Professional Standards
- Generate Policy

Compassion

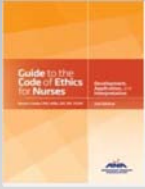
- Scholarly Inquiry
- Education & Lifelong Learning
- Quality
- Professional Practice Evaluation

Courage

- Incorporate research and evidence-based practice.
- Collaborative planning for health policy and provision of health care for all.

12







- Discover Meaning and Purpose
- Understand Beliefs and Values
- Life-Guiding Ethics

- Articulate Nursing Values
- Economic Self-Respect
- Maintain Integrity of the Profession
- Protect Human Rights

- Ethics
- Advocacy
- Just & Equitable Practices
- Resource Stewardship



Curiosity

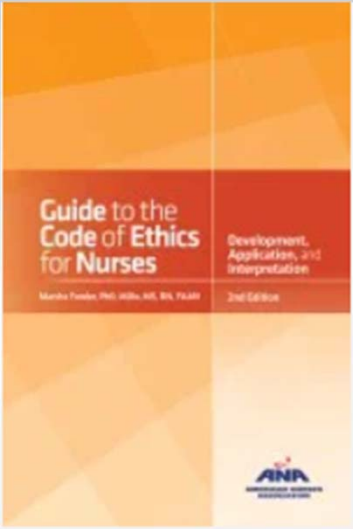
Compassion

Courage

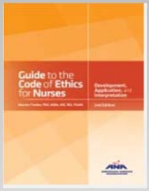
- *Honesty, ethical standards and competence*
- *All nurses expected to adhere to a professional code of ethics*
- *Public trust can be maintained with professional ethical behavior*

13

Reading of The Code of Ethics



14

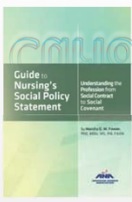




- Know Your Worth
- Have a Clear Purpose
- Express Emotions in a Healthy Way
- Healthy Coping

- Dignity and Worth of the Nurse
- Primary Commitment to the Patient
- Advocates for Safety
- Care of Self (Nurse)

- Address Systemic Issues
- Communication
- Collaboration
- Diversity, Belonging, and Inclusion

Curiosity



Compassion

Courage

- *Commitments to Society*
- *Code of Ethics---care of self, care of others, care of profession*

15

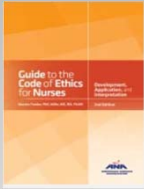
Healthy Coping

16



Social

- Create healthy relationships
- Maintain healthy relationships
- **Supportive** Social Networks



- Compassion and Respect for Dignity & Worth of ALL People
- Integrity
- Collaboration
- Social Justice



- Compassion
- Collaboration
- Leadership
- Environmental Health
- Respectful Practice








- *Social Contract Between the Profession of Nursing and Society*
- *Social Covenant: Rooted in relationships, responsive to needs, authentic and healthy relationships*

17

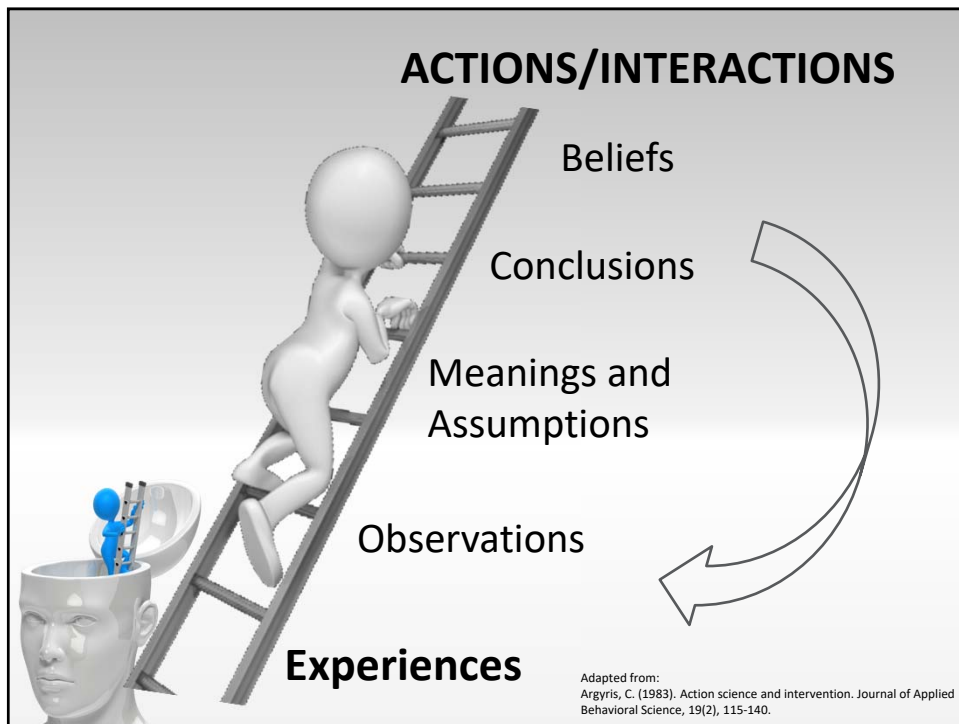
Therapeutic Relationships

- Nurse-Patient
- Nurse-Leader
- Preconceptions

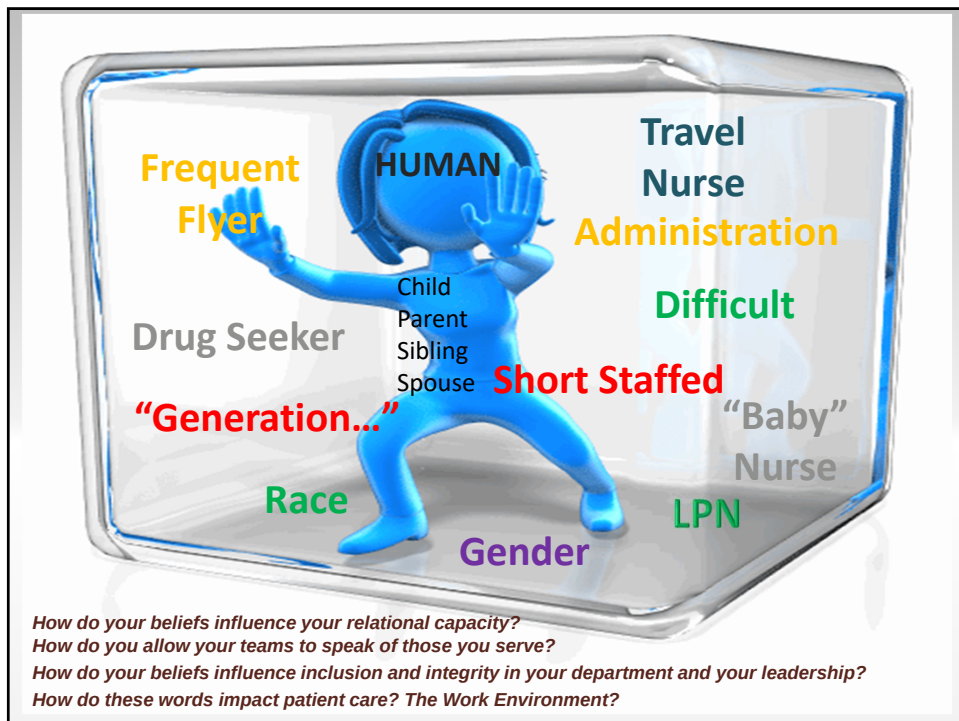
- Our patients
- Our employees
- Our leaders
- Our organization
- Our community
- Our colleagues



18



19

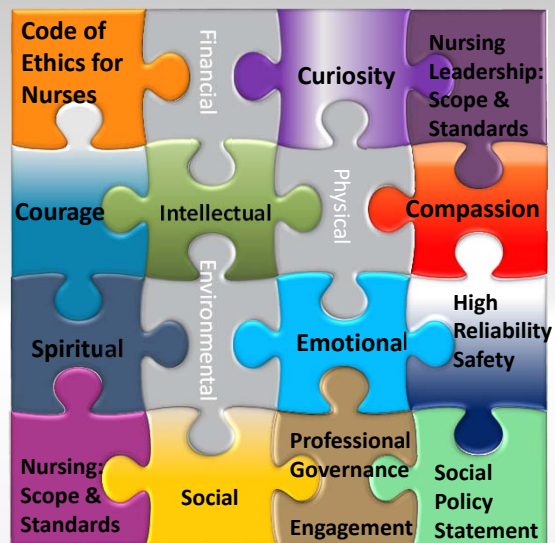


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The Trainwreck

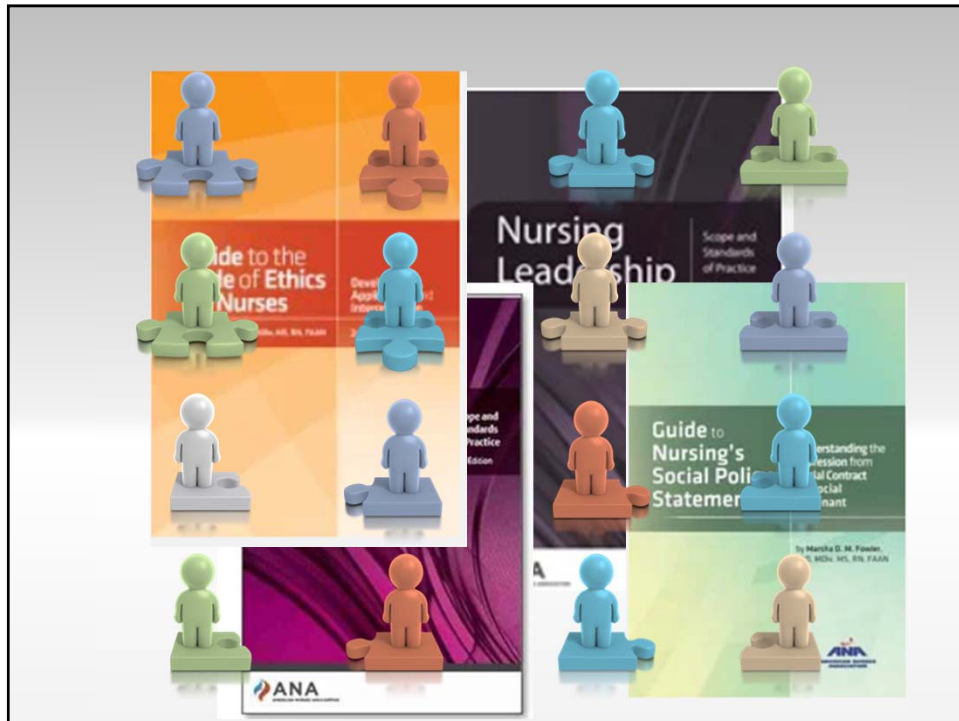
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Professional Nursing Well-Being



Seven Facets of Well-being | UChicago Student Wellness | The University of Chicago

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References

- Argyris, C. (1983). Action science and intervention. *Journal of Applied Behavioral Science*, 19(2), 115-140.
- Argyris, C., & Schon, D. (1974). *Theory in practice*. Jossey-Bass.
- Senge, P. M. (1990). *The fifth discipline : The art and practice of the learning organization*. New York : Doubleday/Currency.
- [View the Code of Ethics for Nurses | ANA \(nursingworld.org\)](http://nursingworld.org)
- Need to reference all of the ANA Documents

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