**Attending Registered Nurse**

Meeting Minutes

Wednesday May 4, 2022

12:00 – 1:00PM

Hybrid on Zoom & in Austen 3

**Presiding:** Christina Alexander, Cori Fogarty

**Coach:** Gino Chisari

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| Agenda Item | Discussion | Action |
| Welcome/Introduction to New/Returning ARNs | Christina and Cori called the meeting to order at 12:00PM with 5 ARNs present on Zoom and 4 ARNs in person. | Noted |
| Case Management Updates with Rachael McKenzie, ND Case Management, Michelle Ligor, CM, & Tina Stone, Associate Chief Nurse for Capacity Coordination | * Welcome to new CM Michelle Ligor! * Regulatory mandate to give patients Medicare Important Message (IM) on admission & discharge (unless going to SNF) * Identified as an area needing improvement - Compliance is very low at this time * “Team sport” with Case Management and ARNs to help get compliance up * IM can be given to beneficiary or other contact person if pt is confused * Date/time of delivery is noted * Always involve Case Manager if pt refuses to sign, or if you have any other issues * Discharge IM goal is to inform pts that they are leaving inpatient hospital setting & informing them of their Medicare right to appeal | * TBD if Epic property functions can be changed to allow ARNs access to whether or not Medicare pt has received IM/what their insurance is * Work with case managers on your units to collaborate and increase compliance throughout the hospital |
| Strategies for Self Care with Tricia Crispi, Professional Development Specialist Norman Knight Center | * Congratulations to Tricia who completed her PhD in December! Her work focused on health & wellbeing of nurses * Idea of “Wellbecoming” * Self care is a journey * As nurses we have a professional obligation to self care * Part of ANA Code of Ethics for Nursing * Brenè Brown is a social worker whose expertise focuses on shame & vulnerability * “Vulnerability is the greatest measurement of courage” * Focusing on self care and belonging makes us vulnerable * Historically we can be tough on ourselves & one another as nurses * Self-sacrifice – as nurses we are endlessly giving, but often lack self compassion * This can negatively impact our ability to deliver high quality patient care * Promoting self care takes practice! * Action plan/strategies: * Physical activity * Healthy nutrition * Sleep * Mindfulness * Personal Connections * Positive Emotions * Spirituality * Unplug & disconnect from Social Media * Going Home Checklist * Reflect on your day * What went well? * Leave behind anything that didn’t go well * Consider physically writing down what didn’t go well & then crumble and throw it away * Negativity sticks like Velcro! * Make an effort to smile, acknowledge people (support staff, USAs, new nurses), be polite * Positivity is contagious. People will reciprocate positivity back to you. * Three Good Things * Study out of Duke * Writing down 3 good things that happened each day for 14 days is like taking an antidepressant | * Consider making a Self Care Action Plan * Do what makes you happy! 😊 * Going Home Checklist – ID badge cards available through Nurse Directors |
| Check In | * Happy Nurse’s Week! | * Please send your feedback re: hybrid vs virtual vs in-person meetings to Cori & Christina |