**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
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| 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
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| Check In | * Happy Nurse’s Week!
 | * Please send your feedback re: hybrid vs virtual vs in-person meetings to Cori & Christina
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