

If Something's Worth Doing, it's Worth Doing WRONG

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Disclosures

None.



In all of living, have much fun and laughter.
Life is meant to be enjoyed, not just
endured.

- Gordon B Hinckley

3

Desired Learning Outcome and Objectives

By the end of this presentation, nurses will be able to verbalize how they can develop a professional development plan in their own career.

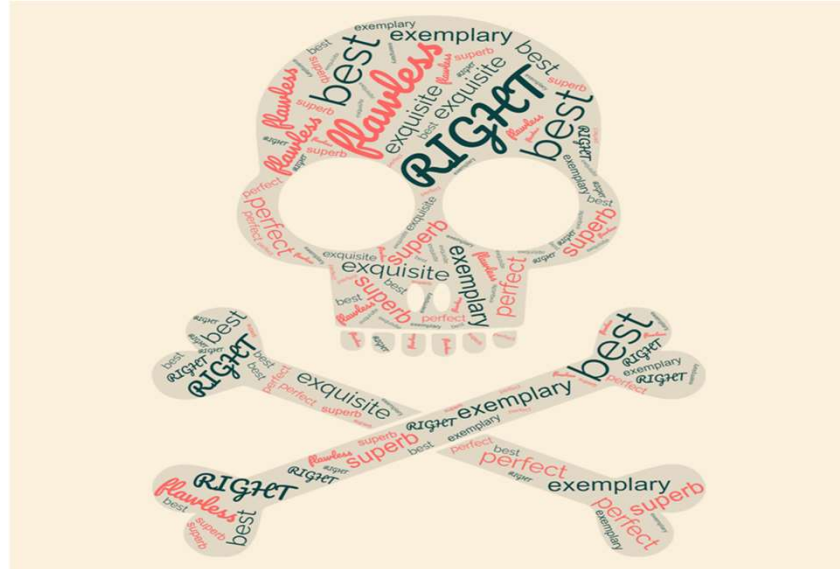
This will be accomplished by achieving the following objectives:

- Defining professional development - *in your own words*
- Identify strategies to utilize professional development skills in their personal professional practice - *where are you now and where are you going in your career?*

4

If something is worth doing...it's worth doing....

- RIGHT
- FLAWLESS
- BEST
- EXEMPLARY
- EXQUISITE
- PERFECT



5



6

If something is worth doing, it is worth doing **WRONG**

7



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8

Nursing Professional Development

What does this mean to you?

“A nursing practice that improves the professional practice and role competence of nurses and other healthcare personnel.”

- ANPD 2022



9

**Professional
Development is the
backbone of any
successful
organization.**

10



Professional Development Burnout

So much to do...too little time...where do we even begin?

- Specialty Certification
- Super User
- New Skill Acquisition
- Formal Preceptor/Mentor
- Leadership Role Development
- Going Back to School for Advanced Degree

Balancing this with home, family and community is HARD

11

PRESSURE

12

Nurse Burnout

*“a widespread phenomenon characterized by a reduction in nurses’ energy that manifests in emotional exhaustion, **LACK OF MOTIVATION**, and feelings of frustration and may lead to reductions in work efficacy”*



Change the way we
THINK

15

“Since new developments are the products of a creative mind, we must therefore stimulate and encourage that type of mind in every way possible.”

- George Washington Carver

16

Growth Mindset

Reframe your thoughts to change the way you think!

INSTEAD OF ...	TRY SAYING ...
I can't do it →	I'm still learning, I'll keep trying
I don't know how →	I can learn how
I'm not good at this →	What can I learn to get better?
It's fine the way it is →	Is this really my best work?

Changing from a perfection expectation to a growth perspective



17

Where are you? Where are you going?

- Where are you in your career?
- What motivates you?
- What are your barriers?

Be your own advocate



18

YOU are in Control

Leadership teams should influence...not dictate where you go. They may try to steer you in a direction you don't like, DON'T LET THEM!

Don't be a martyr...there is always someone else

Avoid increasing stress with education that does not add value to *your* nursing profession



19

Now what?!?

- Understand that it's not just about being a nurse
 - You already got the job!
- It's being the nurse you want to be
 - Designing a career you want...not what your leader wants or what you are subjected to



20

What's your PLAN

Formal development vs informal

Study for a specialty certification or master a difficult skill

Your dedication to your patients is beautiful and the path to growth is unique to you.



No matter your role in the practice of nursing professional development...



The Association for Nursing Professional Development is here to help you expand your influence and extend your impact. If you currently have responsibilities similar to one or more of these roles, ANPD has specialized resources, tools, and continuing education to fit your needs and career goals.

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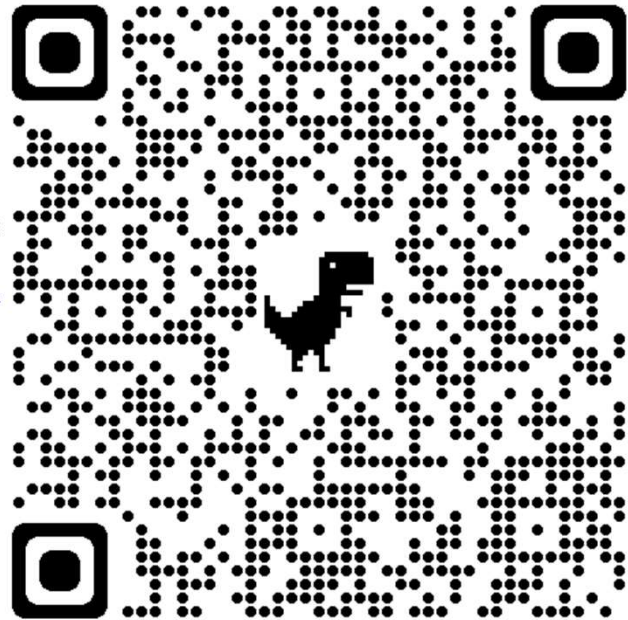


Questions?

I need a favor....I am new at public speaking and am wanting feedback so I can learn where I need to improve. If you have time, please fill out this OPTIONAL evaluation form:

<https://forms.gle/YLxvQq6mTL8Jc7ncA>

or scan this QR code with your phone



Thank you.

Questions or comments - email
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