Week 2

You Make a Difference

By: Dr. Kari Mastro PhD, RN, NEA-BC

This is my most favorite time of the year. The flowers are blooming, the grass is getting greener, and the trees are beginning to bud with new life. However, the biggest reason why this is my favorite time of year is because we get a chance to pause and celebrate NURSES and the impact your work has on the patients and their families entrusted in your care.

The American Nurses Association has commissioned a month-long celebration to celebrate the nursing profession and promote understanding and appreciation of the invaluable contributions of nurses. This week, we honor the work of nurses who lead, excel, and innovate, not only in our healthcare systems, but also in our communities, transforming the future of healthcare.

Every day we think of ourselves beyond ourselves and do things that truly transform the human condition. You climb the unclimbable mountain; you make it happen for those that are most vulnerable. You are aspirational and transformative. Even when over the past 2+ years you were faced with the unknown and unthinkable, you worked together, supported each other and lead, excelled and innovated being part of the change. You have incredible courage and resilience.

There is one word that I keep tucked back in my head that pulls me through each and every day. That word gives me the strength to lean in, to take risks, to be resilient, to seek new challenges and to embrace change. That one word is **Courage**.

As we honor the work of nurses and the vital role nurses play in transforming the future of healthcare, I encourage you to have courage.

The **Courage** to innovate and embrace change

The **Courage** to push back when something isn’t right

The **Courage** to advocate for patients and their families

The **Courage** to lead and excel

The **Courage** to empower and inspire each other

The **Courage** to think BIG and make a difference

You have affected the lives of patients and their families in a way that only those that have experienced your care and compassionate touch can describe. I am so proud to say I am a nurse and to have the opportunity to work side by side with you, the best and the brightest in the world.

I wish you all a very Happy Nurses Day and thank you for deciding to be a nurse and having the courage to make a difference!