



May 6-12 **National**

Thank you, nurses!

# **NURSES WEEK**

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# National Nurses Day, May 6

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# Thank your nurses during Nurses Week

Nurses have long been unsung heroes of the medical community. But that tide began to turn a few years ago as the world confronted the pandemic and realized just how invaluable nurses are to public health. Nurses are the backbone of the healthcare system, providing compassionate and skilled care to patients in all settings, from hospitals to clinics to home care. Each year, for National Nurses Week, we celebrate and show nurses how much they are appreciated for all their hard work and dedication to their patients.

Here are a few ideas from Aequor on how you can show your appreciation to the nurses in your life during Nurses Week, which is May 6-12 this year.

**SAY "THANK YOU"**

The simplest and most direct way to thank a nurse is to simply say "thank you." Whether it's at an appointment, or just when you see a nurse that you know in passing, expressing your appreciation can go a long way in showing nurses that their hard work is noticed and valued.

**WRITE A THANK YOU NOTE**

A handwritten note can be a powerful way to express your gratitude and appreciation for the care provided by a nurse. Take the time to write a note, thanking a nurse for the outstanding care that they provided you or your loved ones. Let them know the impact they had on you and that their work is truly valued.

You can leave it at the front desk or mail it. Either way, the gesture is thoughtful and will be meaningful.

**GIVE A GIFT**

While gifts are not necessary, they can be a nice way to acknowledge nurses who have gone above and beyond. You can drop off a small token of appreciation at your provider's office, healthcare clinic or hospital for a special nurse or several nurses.

A few ideas include coffee mugs, gift cards, baked goods or treats, snacks to eat during their shift, flowers, or balloons for the office. You could also give a basket of small items that nurses frequently use such as hair ties, gum, and pens.

A gift card – from a local business, if possible – along with a thank you note is a great option as well.

If it's a group of nurses you want to thank – maybe a unit or wing in a hospital – work with a local restaurant to have a meal catered in. Consider foods that are

## THANK YOU, NURSES!

### 2024 National Nurses Week

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**above:** There are many ways to thank the nurses in your life, from saying "thank you" or writing a note to giving a small gift or treating them to a meal. While their hard work and dedication are appreciated every day, Nurses Week, which is May 6-12 this year, is an ideal time to do a little something extra.





# Nurse burnout and how to prevent it



Burnout is caused by unmanaged, chronic workplace stress and while it can occur in any job or industry, it's common with nurses, who often work long hours performing tasks that are physically and emotionally demanding.

METRO CREATIVE Nurses Week

Nurse burnout is a serious job-related condition that can have major consequences for nurses and their patients. Unfortunately, burnout in nursing is on the rise, making it more important than ever to understand how to manage and prevent this condition.

It's important to remember that burnout or compassion fatigue is a result of working conditions — not a failure or a lack of compassion or work ethic on the nurses' part.

## What is nurse burnout?

Burnout is caused by unmanaged, chronic workplace stress. It can occur in any job or sector and results in the following symptoms, according to the World Health Organization:

- Mental and physical exhaustion
- Mental distance from the job
- Cynicism about the job
- Reduced efficacy in the workplace

It's easy to see why this phenomenon is common in nursing. Nurses often work long hours performing tasks that are both physically and emotionally demanding.

What's more, the work nurses perform can have important and even life-or-death consequences for patients, significantly adding to workplace stress.

## Burnout rate/causes

Results from a recent survey indicate that almost two-thirds of nurses (62%) experience burnout. It's especially common among younger nurses, with 69% of nurses under the age of 25 reporting burnout. This issue affects all hospitals and health care systems in the U.S.

There are many causes of nurse burnout. Some causes are inherent to the job: providing compassionate care, working long hours, changing shift schedules, and being on your feet for hours at a time can all place serious demands on nurses.

Other causes of nurse burnout derive from systemic challenges facing the health care system. For instance, aging baby boomers have increased the demand for nursing professionals. A shortage of nurses has, in turn, led to more or longer shifts and placed greater demands on individual nurses during each shift.

## Moral injury also a cause

Burnout can also be caused by moral injury — which is a psychological wound that happens when a person feels they must take actions, or witness actions, that violate their deeply held moral beliefs.

The term also describes the challenges of knowing what kind of care your patients need but being unable to provide that care due to factors beyond your control.

## Prevention/management

Early warning signs to be aware of include the following: feeling constantly overworked; regularly feel too tired to go to work; don't look forward to the job; feel unappreciated or like your work doesn't matter.

While these are some of the most common warning signs, you may have other nurse burnout symptoms such as trouble sleeping, tension in the body, or feelings of depression.

If you notice any of the early warning signs of nurse burnout, or are already suffering from it, these strategies can help

# Long shifts can contribute to burnout

Few likely forget scenes that emerged during the early days of the COVID-19 pandemic when nurses working in hospitals overwhelmed with sick and dying patients were applauded by people in their communities.

Such public expressions of appreciation were a testament to the sacrifices and risks nurses accepted. In those early days of the pandemic, nurses worked especially long hours, and even though the pandemic is over, many continue to work considerably longer workdays than the average profession.

The American Nurses Association notes that 12-hour shifts are the standard for many nurses working in hospital settings. The lengthy shifts worked by nurses are another example of their devotion to their patients, and their shifts might be long to ensure better continuity of care for patients.

With just two shift changes per day, hospitals reduce patient hand-offs, and that decreases the risk for miscommunication or misunderstandings that could compromise patient care and health, according to the association.

Though 12-hour shifts are the norm for nurses in many hospitals, such schedules can have drawbacks that can adversely affect nurses. Fatigue from 12-hour shifts, which can — and often do — last longer than 12 hours thanks to paperwork and additional tasks nurses may not be able to get to during ordinary working hours, can lead to burnout.

In addition, nurses typically have limited downtime on workdays, which means they have few hours to spend with family and friends on days when they work. And nurses working 12-hour shifts may find they spend a significant portion of their time off recuperating from their long shifts, which can adversely affect their overall quality of life.

Twelve-hour shifts are another example of the selfless commitment exhibited by many nurses working in hospital settings.

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alleviate your symptoms and get you back to enjoying your job:

- Rest — Getting enough sleep between shifts is crucial for nurses. If your current schedule won't allow you to get enough sleep, talk to your supervisor or whoever plans the shift schedule. Nurse burnout and patient safety go hand in hand, so it's important to be clear with your co-workers when you're experiencing burnout.

- Ask for help: Emotional support can help with the stress of workplace demands and the mental load of patient care. Make



# A SPECIAL CELEBRATION OF NURSES

This year, National Nurses Week is celebrated from May 6-12. It's a part of the larger National Nurses Month, which is celebrated the entire month of May.

Several individuals, organizations, and political leaders contributed to the efforts that have evolved into Nurses Week as it is celebrated today.

The American Nurses Association has compiled several facts about the history of Nurses Week:

**1953:** The first effort to establish a recognition day for nurses was when Dorothy Parker of the US Department of Health, Education, and Welfare sent a proclamation to then-President Eisenhower. He never signed the proclamation.

**1954:** A National Nurse Week was observed October 11-16 in recognition of the 100th anniversary of Florence Nightingale's work during the Crimean War.

From the **1950s to 1970s**, several bills were introduced to Congress, but none made it through the legislative process.

**1974:** The International Council of Nurses declared May 12 International Nurses Day. In the US, President Nixon signed a proclamation recognizing National Nurse Week.

**1982:** The ANA declared May 6 as National Nurses Day, which Ronald Reagan signed as an official proclamation

**1990:** The ANA extended the celebration to "Nurses Week," and the dates May 6-12 became permanent as of 1994.

Within Nurses Week, National Student Nurse Day is May 8, and National School



Nursing has always been a profession that needs more than just time and knowledge. It requires heart, passion, and dedication to serving others. Nurses Week allows the public to acknowledge and thank nurses for the work they choose every day.

STOCK PHOTOS Nurses Week

Nurse Day is celebrated on the Wednesday that falls during Nurses Week.

## Why it's celebrated

The ANA and other nursing organizations promote Nurses Week as a time to thank and recognize nurses across the country for their dedication to the profession and patients they serve. Healthcare organizations throw

celebrations, and the public is encouraged to "thank a nurse" who's made a difference in their lives.

"Nurses Week is our time to shine. Let's lift each other up and recognize the good in what we do every day. It's easy to dwell on everything that needs to be changed, but for one week, I challenge you to look for the good. Recognize your besties, mentors, and the nurses who make a difference in your day," the ANA states on its website.

## How it's celebrated

Every healthcare organization celebrates its nurses a bit differently. Many hold events throughout the week to recognize their nurses, and meals or gifts for the entire nursing team are common.

Managers and administration plan and prepare for months to make the week special.

The ANA has a wealth of Nurses Week appreciation ideas for those trying to decide the best way to show appreciation.

In the community, there may be news reports highlighting extraordinary nurses who go above and beyond for their communities and patients.

Many local businesses also create special offers for those in the profession and nurses are encouraged to watch the local news and keep an eye on social media to see what might be available near them.

Several major sports teams also offer "Nurses Night Out" events.

"It's a great time to grab your favorite group of nurses and enjoy an evening of fun and relaxation," the ANA states, adding that some teams even have a nurse throw the first pitch.

Nursing has always been a profession that needs more than just time and knowledge. It requires heart, passion, and dedication to serving others.

Nurses Week allows the public to acknowledge and thank nurses for the work they choose every day. It's a chance to pause and thank the nurses who are making a difference.



# The vital role of psychiatric mental health nurses

Nurses play various roles within the health care community. Nurses are often viewed through the lens of helping people overcome physical ailments, but they can be just as vital to people with mental health issues.

Psychiatric mental health nurses provide specialized care to patients who have been diagnosed with psychiatric disorders. People are drawn to the field of nursing for a variety of reasons, not the least of which is the desire to help people.

Anyone considering a career in nursing can look to the field of psychiatric nursing as a means to help people overcome the challenges posed by psychiatric disorders.

## The role of psychiatric mental health nurses

The American Psychiatric Nurses Association notes that psychiatric mental health registered nurses develop a nursing diagnosis and plan of care, implement the nursing process, and then evaluate their plans for effectiveness.

Psychiatric mental health nursing is a subcategory of nursing, and professionals working within that category may serve in various capacities. For example, the APNA notes that psychiatric mental health advanced practice registered nurses (PMH-APRNs) employ a full scope of therapeutic skills to assess, diagnose and treat individuals and families with psychiatric disorders.

## Specialties within psychiatric nursing

Psychiatric mental health nurses can specialize in various areas if they so desire. Some areas of specialty include child and adolescent mental health nursing, gerontological-psychiatric nursing, which focuses on caring for older adults, and substance abuse disorders.

## Education required

According to the APNA, students interested in a career in psychiatric mental health nursing can pursue various degrees on the road to taking their registered nurse licensing examination.

Programs vary, but students can consider two-year programs that focus on earning an associate degree in nursing, three-year programs that focus on earning a diploma in nursing or four-year programs at colleges or universities that lead to a bachelor's degree.

Graduates of each of these programs are eligible to take the RN licensing exam. However, students interested in advanced roles within psychiatric mental health nursing, such as the PMH-APRN role, should plan to enroll in advanced masters or doctoral degree programs.

Anyone considering a career in nursing can visit [www.apna.org](http://www.apna.org) to learn more about the vital role psychiatric mental health nurses play in modern health care.

(METRO CREATIVE)



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**NURSES** make the **Difference**

**“When you’re a nurse, you know that every day you will touch a life, or a life will touch yours.”**

Being a nurse carries a heavy responsibility, a selfless giving of yourself for the well-being of others. Thank you for the giving of your heart & soul each day to the people who need your healing hands.

- Lisa Jensen, Vice President of Nursing Services/Chief Nursing Officer

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# How communities can recognize nurses

The vital role nurses play in health care settings across the globe was perhaps never more apparent than during the pandemic. Nurses were on the front lines in the battle against the virus and have remained there ever since.

In recognition of the sacrifices nurses and other health care workers have made – and continue to make – individuals have put forth an effort to show appreciation.

Over the past few years, many have taken to social media to highlight the lengths individual nurses have gone to while helping them or their loved ones with a variety of illnesses.

Communities have also stepped up through collective efforts. In light of Nurses Week, here are some ways community members can consider as a way thank the nurses who call their towns and cities home.

## Sponsor a fundraiser

Town officials can help to organize a community-wide fundraising effort or a 50-50 raffle with the ultimate goal

of donating to a charitable organization chosen by local nurses.

Health care facilities have been stretched incredibly thin in recent years, so a donation to a charitable organization that is important to, or benefits health care workers can be a great way for communities to honor local nurses.

## Celebrate as a community

National Nurses Week, which will be May 6-12, and though it's not a federal holiday, communities can still come together during the week to highlight the work their local nurses do.

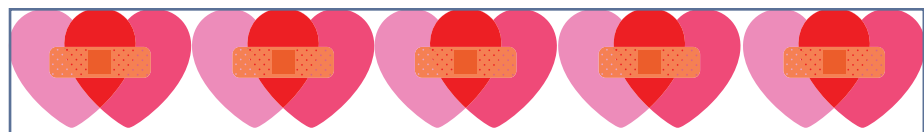
Local officials can encourage businesses in the community to offer special discounts to nurses during the week.

Schools can also take part in collective efforts to thank nurses. For example, students can work on a banner thanking nurses and then showcase it by the entryway to the school's campus so passing motorists can see it.

• CONTINUED ON PAGE 11

Over the past few years, many have taken to social media to highlight the lengths individual nurses have gone to while helping them or their loved ones with a variety of illnesses. Communities have also stepped up through collective efforts and can continue to do so as a way to celebrate Nurses Week, May 6-12.

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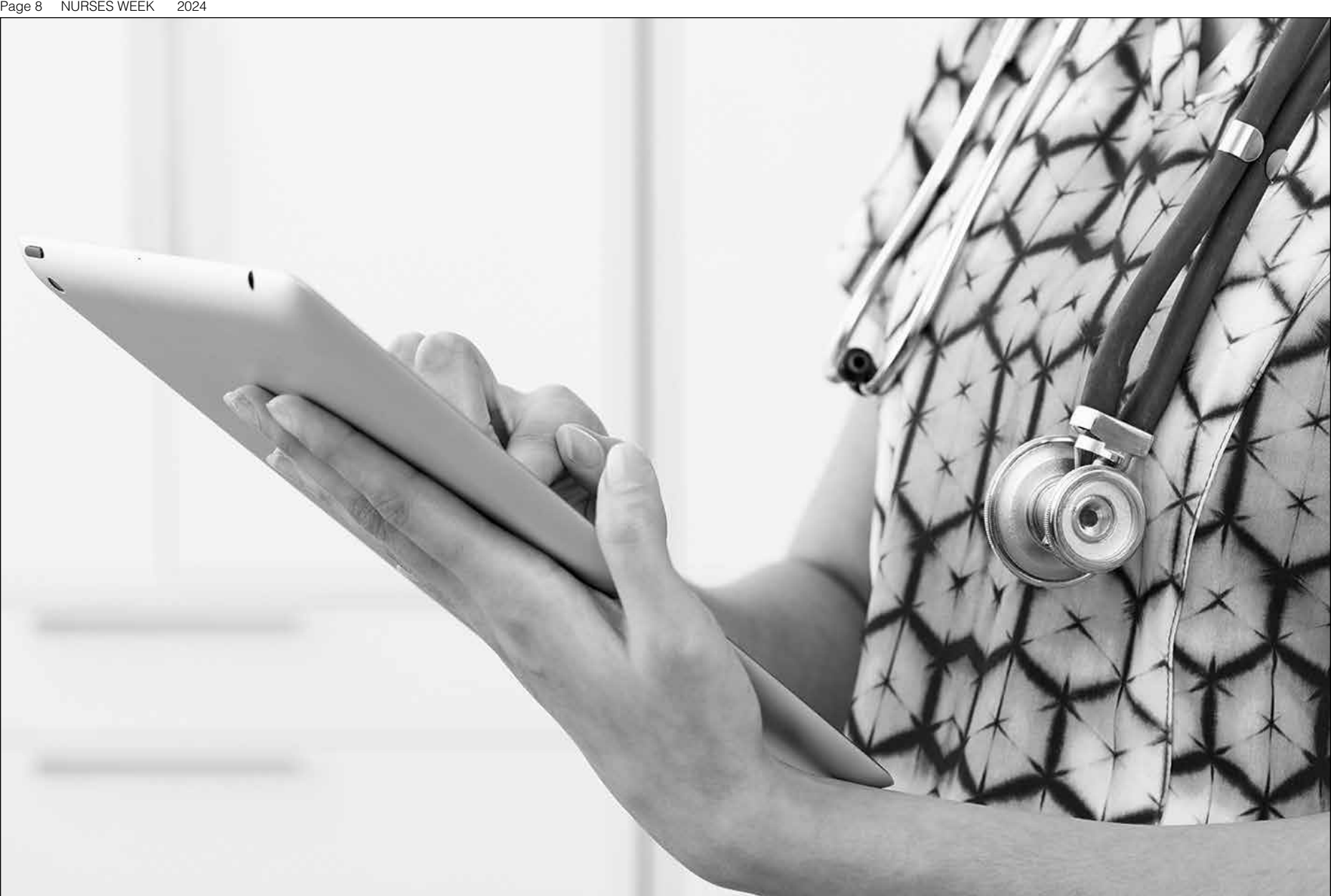
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# How technology is changing the nursing industry

From time-saving software to life-saving equipment, technology in nursing is essential to improving patient care and outcomes, encouraging nursing innovation, and promoting safety.

Today's tech lets nurses streamline efficiencies, better manage workloads, and increase team communication. Best of all, nursing technology allows caregivers more quality time to interact with their patients and involve them in their care and treatment.

## New technologies in nursing

Nursing technology keeps getting better, with seemingly infinite application opportunities. Explore these technologies that are transforming the nursing industry to create higher-quality patient care and outcomes.

- **Electronic Health Records** – With EHR systems universally replacing paper charts and records, nurses can access patient information in real time. This efficient data management tool reduces errors, streamlines documentation, and enhances communication among the health care team. One fast-growing field that utilizes EHR systems is nursing informatics, which uses technology and data to enhance patient care.

- **Portable Diagnostic Devices** – From handheld vital sign monitors to portable EKG and ultrasound devices, nurses can conveniently and efficiently deliver on-the-spot care in various

health care settings. These devices also empower patients to be more active in their treatment and health management from their homes. Self-monitoring lets patients strengthen communication and collaboration with their health care team.

- **Robotic assistance** – Robotic “colleagues” help ease nurses’ workloads, saving precious time, energy, and physical and mental strain. Cobots, or collaborative robots, perform repetitive tasks so nurses can focus on more pressing matters. They also assist with physically strenuous duties to reduce workplace injuries. Robotic carts can take over routine duties like transporting lab specimens, disposable equipment, and medications. There’s even artificial intelligence to draw blood.

Another new technology in nursing is eldercare robots. These bots assist older patients with various aspects of their daily care, such as mobility, monitoring, safety, and cognitive stimulation.

- **Electronic Medication Management Systems** – EMMS is critical in streamlining medication management, reducing errors, and improving patient safety. The system includes functions for prescribing, administering, dispensing, reviewing, and disposing of medication. EMMS also decreases the risk of errors caused by illegible handwriting, incorrect orders, or dosing instructions.

- **Telehealth** that expands possibilities for care – The COVID-19 crisis

accelerated the use of telehealth technology, and it continues to be instrumental in helping nurses reach patients outside the clinical setting. Those in remote areas or with limited mobility can receive medical consultations and follow-up care from home. Telehealth also lets caregivers remotely monitor patients with chronic conditions.

## Improving patient care through technology

Let’s look at several ways technology impacts nursing practice.

- **Technology streamlines communication** – From HIPAA-compliant text messaging apps to standardized tools that correct miscommunications in patient handoffs, new communications tech helps nursing teams reduce fragmented care and make processes function more cohesively.

- **Patients have better access to medical records** – Patients have the right under federal law to access their medical records when requested. Having secure and current EHR software that’s simple and intuitive makes the delivery process seamless. It also empowers patients by giving them greater control over decisions regarding their health.

- **Fewer barriers lead to greater health equity** – According to the Centers for Disease Control and Prevention, individuals in remote areas of the U.S.

are more likely to die prematurely from heart disease, cancer, and stroke. Telehealth can provide access to elderly and immunocompromised patients, and those with limited mobility or who live in remote regions.

- **Less work demands decrease nurse burnout** – Nurses spend up to one-third of their shift performing routine tasks like collecting supplies and picking up medications. Technologies like smart wearable sensors that collect patient data and electronic medication management systems that streamline processes can alleviate time-consuming responsibilities. These efficiencies let nurses focus on more critical tasks and quality patient time while reducing the risk of nurse burnout.

By embracing new technology in nursing as it emerges, caregivers can work more effectively to deliver the best patient care. It also plays a crucial role in easing the challenges nurses face regularly, reducing nurse fatigue and increasing overall quality of care.

For more information, visit the American Nurses Association at [nursingworld.org](http://nursingworld.org).

New nursing technology provides cost-effective solutions, enhances safety, improves patient outcomes, and offers a better work-life balance for nurses.



# Nurses serve in a variety of roles

Nurses are invaluable professionals within the medical community. Whether they work in hospital settings, nursing homes, assisted living facilities, doctor's offices, or elsewhere, nurses provide vital services to individuals in need every day.

Nurses wear many hats, and that's evidenced by the different types of nurses making a difference each day. Individuals considering a career in nursing should know that talented nurses are in high demand and career opportunities in the field are expected to grow in the years to come.

For example, the U.S. Bureau of Labor Statistics estimates that employment of registered nurses will grow by 6 percent between 2022 and 2032. That growth rate exceeds the average expected rate for all occupations.

Whether individuals want to become a nurse or gain a greater understanding of the many ways nurses contribute each day, this rundown of some of the various types of nurses can shed light on these unsung heroes of the medical community.

## Pediatric nurse

Pediatric nurses make a strong impression because they are the first nursing professionals many people recall interacting with, and those interactions may last from early childhood through adolescence.

They perform a range of tasks, including the administration of medication; monitoring of vitals like temperature, pulse



and blood pressure; health evaluations to identify symptoms; and even speak with parents to calm any nerves or anxieties they may have.

Pediatric nurses typically work in doctor's offices or hospital settings.

## Geriatric nurse

Geriatric nurses figure to be in especially high demand in the coming years, as an analysis from the Bipartisan

Policy Center indicates more than four million individuals in the United States will turn 65 in 2024.

AARP has characterized that surge in the over-65 population as a "silver tsunami," and geriatric nurses will play pivotal roles in ensuring the aging population gets the care it needs in the decades to come.

## Cardiac nurse

The World Health Organization reports that heart disease is the leading cause of death across the globe. So, it should come as no surprise that the demand for nurses with a specialty in cardiac health is growing. Cardiac nurses can advise about preventing heart disease and assist in surgical procedures.

## Family nurse practitioner

The American Association of Nurse Practitioners notes family nurse practitioners provide a wide range of family-focused health care services to patients of all ages.

FNPs perform physical exams; order or perform diagnostic tests; prescribe medications; develop treatment plans; and treat acute and chronic illnesses. If that sounds like a role played by physicians, it's not far off, making this among the most challenging jobs within the nursing profession.

## Certified nursing anesthetist

This interesting career option involves nursing and anesthesia. A certified nurse anesthetist administers anesthesia to patients under the supervision of an anesthesiologist. These nurses work closely with doctors in various fields.

## Emergency room nurse

Individuals who think a fast-paced work environment is for them may want to consider a career as an emergency room nurse. ER nurses treat patients of all ages from all walks of life.

No two emergency room patients are the same, so ER nurses will rarely, if ever, have the same day on the job more than once.

Accurate assessment skills are vital for ER nurses, who also must be skilled communicators, as emergency room patients are often in distress.

## Nursing midwife

In this specialty, nurses deliver babies and provide health care to pregnant patients. They also are instrumental in offering prenatal and postnatal care.

## Critical care nurse

Critical care nurses are especially educated and trained for emergency situations. They are called on to tend to serious wounds and monitor life-support systems.

Nursing is an expansive profession with a host of opportunities for aspiring professionals who want to work in the medical community.

(METRO CREATIVE)

There are many types of nursing roles from geriatric and cardiac to a family nurse practitioner and emergency room nurse. The U.S. Bureau of Labor and Statistics estimates employment of registered nurses will grow by 6 percent between 2022 and 2032, exceeding the average expected rate for all occupations.

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# NICU nurses tend to the youngest patients



Nurses care for patients from all walks of life – from elderly senior citizens to newborn babies. Neonatal intensive care nurses, often referred to as NICU nurses or neonatal nurses, dedicate their professional lives to caring for the most delicate and vulnerable patients, including infants who are born prematurely or with serious illnesses.

## What is the NICU?

The first neonatal intensive care unit in the United States was established at the Yale-New Haven hospital in 1960. Since then, NICUs have opened in medical centers around the country. Within those centers, NICU nurses are part of multidisciplinary teams that care for

infants during the earliest days of life.

The National Association of Neonatal Nurses says there are approximately 40,000 low-birth-weight infants born each year. Thanks to advances in medicine and the care of NICU nurses, the survival rates of vulnerable infants are now 10 times higher than they were in years past.

## Working in an NICU

This work environment presents new challenges every day. NICU nurses may cuddle small patients, administer medications and comfort parents when they receive heartbreaking news.

NICU nurses spend a lot of their time monitoring and assessing vital signs of their patients. They administer intravenous fluids and other treatments prescribed by physicians. NICU nurses often must administer specialized feeding and oxygen therapies.

NICU nurses also perform the important task of ensuring support equipment, such as ventilators and incubators, is operating properly.

## Becoming an NICU nurse

The nursing program resource Nurse Journal notes that there are certain requirements to join the ranks of NICU professionals.

- **Education:** NICU nurses follow a similar path as other registered nurses. One can pursue an associate degree in nursing or a Bachelor of Science in nursing.

- **Licensure:** Nursing students must complete the appropriate testing and schooling to receive RN licensure.

- **General pediatrics training:** Many nurses who hope to work in an NICU start out in a general pediatric ward before ultimately working in an NICU. Some hospitals offer new graduate residency in neonatal

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Neonatal intensive care nurses dedicate their professional lives to caring for the most delicate and vulnerable patients, including infants who are born prematurely or with serious illnesses.

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**NICU NURSES** • CONTINUED FROM PAGE 10

nursing, which is a keyway for new nursing graduates to gain experience and important education while also earning a living.

- **Certification:** Nurses can pursue various certifications in neonatal care. Nurses interested in NICU certification have career-specific options through the National Certification Corporation and the American Association of Critical-Care Nurses, among other organizations. Other helpful certifications include Basic Life Support, Advanced Cardiovascular Support and Neonatal Resuscitation Program.

**Job growth and security**

The U.S. Bureau of Labor Statistics predicts that positions for registered nurses will grow by 15 percent between 2016 and 2026. The demand for NICU nurses should increase at a similar pace considering the steady growth of the population and the rate of infants being admitted to NICUs.

Neonatal intensive care nurses are hardworking individuals. They care for very young and fragile patients and do their best to ensure infants ultimately live long, healthy lives.

(METRO CREATIVE)

**BURNOUT** • CONTINUED FROM PAGE 4

sure you have a sound support system at work, like coworkers you can vent your feelings to, and consider contacting a therapist before the burnout becomes hard to manage.

- **Get exercise:** Physical activity has proven stress-alleviating effects. And improving your strength and cardiovascular fitness can make the physical demands of nursing less strenuous.

- **Eat well:** Make sure you're getting enough to eat before and during shifts and that the food is healthy. It's easy to get caught up in patient care and skip meals or eat junk food to save time. Taking time to buy or prepare nutritious meals can help you stay focused and perform at your best.

- **Take a break:** Periodically disconnecting from work is important. It gives you a chance to unwind, relax, and recharge your physical and emotional reserves. Despite that, 55% of Americans don't use all their paid vacation time. If the idea of taking time for yourself makes you feel guilty for leaving work or patients behind, remember that avoiding burnout will help you perform better when you are

at work.

- **Request training:** Speak with your supervisors about training that can help you better cope with the demands of the job.

- **Mindfulness techniques and moral resilience:** "...the courage and confidence to confront distressful and uncertain situations by following and trusting values and beliefs" – will help you keep a healthy perspective on your work. These techniques can prevent or manage burnout by reminding you of what's out of your control and making it easier to maintain a sense of self-worth in the face of challenges or discouragement.

Burnout is a serious issue among nursing professionals. Fortunately, there are plenty of warning signs that individuals can spot in themselves and their colleagues. If you suspect that you or a fellow nurse are experiencing burnout, communicate with your manager so changes can be made to your work schedule and situation before it becomes a more serious issue.

For more wellness tips and resources for nurses, visit [www.healthynursehealthynation.org](http://www.healthynursehealthynation.org).

**THANK YOU** • CONTINUED FROM PAGE 3

portable and can be eaten on the go such as bagels, sandwiches, and finger foods.

Whatever you decide, receiving a gift can go a long way on a long day for the nurses that work hard to take care of us.

**SHARE A POSITIVE REVIEW**

If you or a loved one has received excellent care from a nurse, consider leaving a positive review on their employer's website or social media pages about that specific nurse and the care they provided.

A positive review will show appreciation for the nurse, as well as help other patients and families find quality healthcare providers.

Some clinics or hospitals have exemplary employee forms that you can fill out about outstanding care, so the clinician can also be recognized and thanked by their employer.

**THANK THE SCHOOL NURSE**

School Nurse Day falls on May 8 in 2024. What a perfect opportunity to thank the school nurse at your child's school!

Write a note of appreciation from you and your child, and have your child deliver it at school.

**OTHER IDEAS**

Here are a few other ideas on how we can show nurses appreciation.

- Give them a night off – Give nurses

and their families a night off from cooking. Long shifts in stressful situations have taken a toll on nurses and their families. Neighbors can pitch in by offering to cook and deliver meals or pay for takeout.

This simple gesture can provide a much-needed break for nurses and remind them their efforts are not going unnoticed.

- **Help out with chores –** Before going to the grocery store, text or call a friend or neighbor in the nursing field to see if he or she needs anything from the store. If nurses shop online for their groceries, arrange to pick them up so they can spend more time relaxing at home with their families.

During warm weather months, offer to mow the lawn, in the fall help with leaf pickup and in the winter, help clear snow from their sidewalk and driveway.

- **Offer discounts –** Local business owners can do their part by offering discounts to nurses and other health care professionals in their communities. A discount on a restaurant bill or fresh bouquet of flowers can lift nurses' spirits and reassure them that their communities appreciate them.

Whether it's through a simple "thank you" or a more elaborate gesture, expressing your gratitude can make a difference by helping nurses feel valued and respected.

While we appreciate the hard work of nurses daily, Nurses Week is an ideal opportunity to do a little something extra for the special nurses you know.

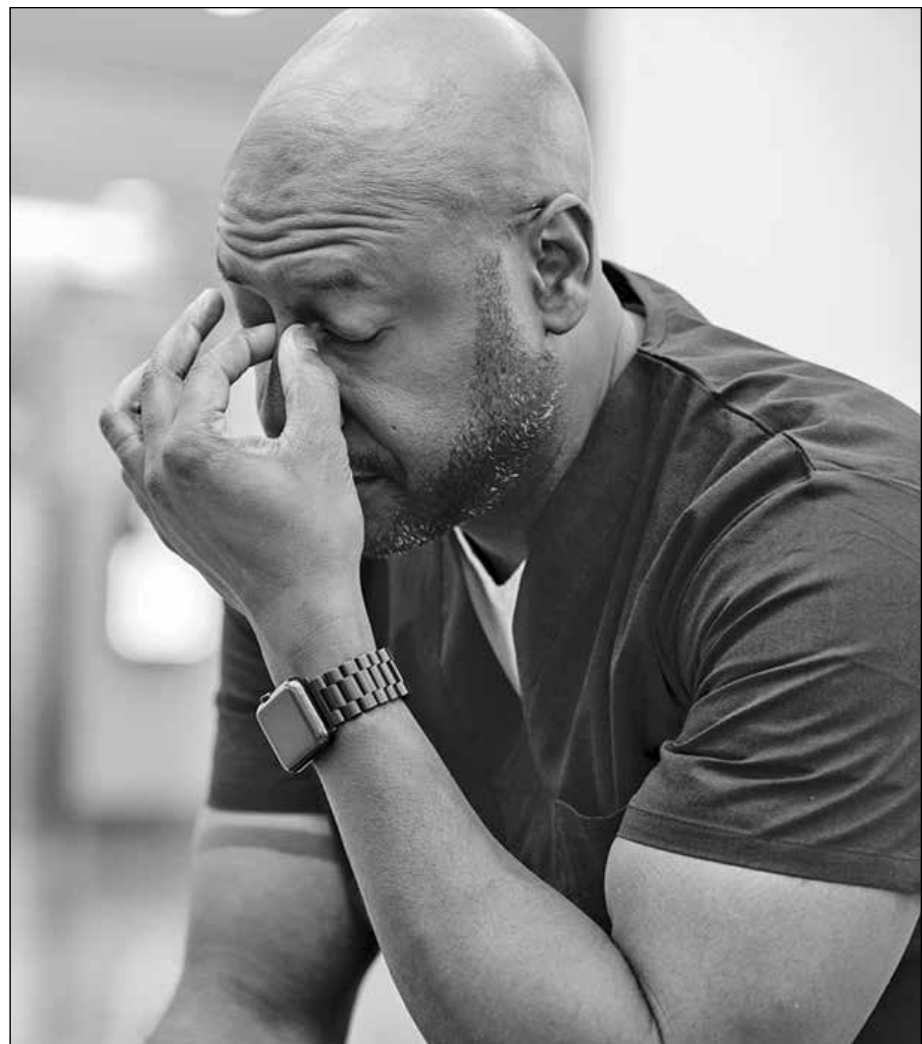
**RECOGNIZE NURSES** • CONTINUED FROM PAGE 7

**Use social media**

Business owners seeking to take the recognition further, and extend the appreciation beyond a week, can ask residents to nominate a local nurse each week and then choose one nominee to highlight on social media, or give all the nominees their moment in the spotlight. If going the route of highlighting one

nurse, interview them (or have them submit written answers) and ask about their careers, including what compelled them to become a nurse as well as their most interesting experiences on the job. Interviews or their responses can be posted on community social media pages so others can get to know the unsung heroes in their communities.

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# Celebrating our nurses

## National Nurses Week

Thank you to the incredible nurses at Mercyhealth for your unwavering dedication and compassionate care. In honor of National Nurses Week, May 6-12, we extend our deepest gratitude for your tireless efforts in providing comfort and healing to our community. Your commitment to excellence shines through every action, making a profound difference in the lives of those you touch. Your selflessness, expertise, and kindness shine through every day.

As we celebrate you during this special week, know that your hard work is valued and appreciated. You are the heart and soul of Mercyhealth, and we thank you for all that you do.



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