

# HOW IS THE SPIRIT OF NURSING EVIDENT IN YOUR PRACTICE OF NURSING?

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Just a few years ago, I would not have understood how much weight the term “Spirit of Nursing” carries. In my journey through nursing school, I have learned first-hand that nursing is all encompassing: it is more than just skills, hospitals, and medications. As Florence Nightingale said, “Nursing is an art,” and one must have the passion to create masterpieces. The passion and dedication to helping others have motivated me to seek numerous opportunities to make a difference. Reaching out to those in need is as simple as extending a hand.

The Spirit of Nursing, in my practice, is evident beyond clinical application. My involvement embodies the caring nature that is so carefully interwoven into the scientific details of nursing. It is imperative to educate the public about the nurse’s role in the community. The best way I have found to accomplish this is to serve as a model for that role. By volunteering in the community, organizing service activities for the SNA chapter, taking collections for schools, and providing Breakthrough to Nursing presentations to students, my power as a future nurse is considerable. As a member of several organizations, I strive to promote and represent nursing as a profession and as a rewarding career. Through our local SNA, I have helped to promote professional organizations to upcoming classes and increase our membership and student involvement significantly. My peers and I have collaborated to emphasize to future nurses that involvement is paramount! While serving on the Arkansas Nursing Students’ Association Board of Directors, I witnessed the power of a united organization and know the amount of dedicated work that goes into being in a leadership position. Nurses have a voice, and working together in organizations allows that voice to be heard clearly. Together we will not be ignored. As a student, I fully accept the responsibility of pursuing my career goal of becoming a compassionate, motivated nurse.

I strive to succeed and learn. Learning is fun, and keeps people alive and alert. I have the will, skills, and strength to excel. I am prepared to become a confident, empathetic, positive nurse. I anticipate merging the professional,

academic, and compassionate qualities I have fostered during my education and applying these

qualities to my professional practice. My wish is to weave the Spirit of Nursing into all that I do. The Spirit of Nursing runs through me as I hold a frightened child’s hand during a procedure, see a broken spirit smile and thank me at a health fair for the homeless, or just listen as a war-torn veteran expresses gratitude to me. The Spirit of Nursing runs through me as I educate a junior high student about nursing as a career, or reach out to hold the hand of an elderly woman. The Spirit of Nursing surrounds me as I take a chemo patient outside in the warm sunshine for the first time in three months. My goal has been to present the world of nursing to others as they have never seen it. I have seen the Spirit of Nursing reflect back at me through the eyes of those just beginning their journey into nursing. They do not know that they already possess the qualities they need not only to survive, but to thrive and succeed.

As I reflect on the turning point that led me into nursing, I remember a nurse who tended to me after surgery. I remember her name, her face, and her unconditional care for my physical and psychosocial well-being. As I lay in recovery, vulnerable and weak, I did not know it then, but it was her Spirit of Nursing that lifted me up. And perhaps it was at that moment that she passed it on me.