Bring Back the ART of Nursing: 
Reconnect to Your Nurse Within

By Elizabeth Scala
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To my coaches, teachers and guides; thank you for all of your continued support.
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Introduction

At the hospital where I work the other night, I started having severe pressure in my chest and a colossal headache. My co-worker took my blood pressure and it was crazy high. Just before midnight I went down to the emergency room, where a single strip was run.

No vital signs were taken. An IV was started and labs were drawn. I was then put into a room where I waited for over an hour. I started to get impatient and wondered what was going on. I called for the nurse.

A resident appeared. She seemed to be a very nice girl, yet she kept insisting on giving me the chest pain protocol medication. I explained to her that I really didn't want any nitroglycerin right now, but she kept pushing. Finally she turned on her ruby red shoes and left, saying that she would write the order for nitro.

I still hadn't been placed on a monitor; nor had I even had one set of vital signs done. So I called for my nurse, three times. Finally, in frustration I said, "Just send the charge nurse over, please." My nurse miraculously appeared within a minute.

I told her that I was ready to leave and needed the AMA paperwork. She began with the "No, you don't want to leave" song and dance. I patiently told her to please remove my IV. She literally yanked it from my arm, slapped a 2x2 on, and taped it up without ever looking at it.

By now I was extremely annoyed. I told the charge nurse how I was never placed on the monitor, nor had any vital signs done.

The attending physician accompanied by five others entered the room. He also started to tell me why I should stay. I said "Sir, what's my blood pressure right now? Am I back in normal sinus rhythm?" He looked around. "You can't answer that because it hasn't been done. I came here for elevated blood pressure. I have a strong family history of strokes. I eat crap food every day. I could very well have stroked out in here. No one would have known. This is not acceptable."

The doctor began to tell me how busy they were and even took me out to the nurses' station to look at the board. "These are numbers to you sir, but to me they each represent a person who has come to trust you with their care." At that he walked away from me.
A lot more was said, but it was awful. I left the hospital still having pressure in my chest, elevated blood pressure and a massive headache.

I also left feeling so frustrated that a profession I love can be so uncaring.

-Signed a Frustrated Nurse on Social Media
Chapter One: Nursing Pride

I stumbled upon the above post on one of my social outlets. A post created by a real-life nurse. A post where she shared her experience with nursing. A post from her viewpoint. A post that, in my opinion, was written with no intention of lifting the nursing profession up.

Mother Teresa once said:

“I was once asked why I don't participate in anti-war demonstrations. I said that I will never do that, but as soon as you have a pro-peace rally, I'll be there.”

Nursing is a difficult profession. I’d never argue that. Being a nurse myself, one who has experienced pain, suffering, trauma and tragedy; I agree that nursing is tough, tough work. I’m not one to lie so I’d never paint a rosy picture, all smiles and cheer, and label it ‘being a nurse’. Nursing is hard work; I’ll give you that.

Sharing the post above actually goes against everything I believe in. I debated on it long and hard as to whether or not to even relate this horrid tale. For in the pages ahead, I’m about to share with you another way. Not a ‘brand new’ way in terms of new information, but quite possibly, a ‘brand new’ way for nursing.

But before I do, I want you to do some self-reflection. Remind yourself of your reasons ‘why’. Bring back that ‘brand new’ nurse, fresh out of nursing school perspective.

Ask yourself:

Why did you go into nursing in the first place?
What was it about becoming a nurse that made you feel excited?
When was it that you first knew you wanted to be a nurse?
How did you envision your nursing career?
What did you love about nursing back then?

How does that feel? Pretty good, right? You went into nursing to provide compassionate, heart-based care. You wanted to help other people. You felt you could make a difference in this world. Becoming a nurse was very important to you, right?
You were proud of nursing.

What just happened there is you reconnected with the nurse within. Just for a moment, and if only for a short-lived, rushed away moment in time- you reconnected with the pride and joy of nursing. You felt alive again as you allowed that nurse within to breathe and grow. The nurse within you is there. In this moment, you can choose to reconnect with the spirit of nursing inside of you.

Let’s go back now to the quote above, one of my favorite quotes of all time. Mother Teresa would never be caught dead at an anti-war rally.

“But why!?” you may wonder in shock and awe. “I thought Mother Teresa was all about love, compassion and giving of herself. How come she didn’t want to help people fighting against something as terrible as war?”

Well, that’s just what you’ll read and learn about in the pages ahead. This book is all about the power and focus of our energy. Mother Teresa was a brilliant lady. She knew that attending an anti-war demonstration only gave ‘war’ more power. Instead of putting energy into something like ‘war’ she focused on the good. Give her a pro-peace rally and she was there, giving energetic power to peace instead of war.

Just from this simple statement whispered many years ago, as nurses, we are gifted with an opportunity for an amazing shift. We can learn from Mother Teresa’s example and teach others how to bring more joy, love and peace to their lives. We can truly uplift and empower the entire nursing profession, shifting it from the inside out.

As Mother Teresa shocked so many with her courage, so too must you be ready to stand in your courage and power. This journey may not be easy. It might not always be fun. You may feel lost, alone and afraid. But you are not alone.

Connected through energy, intentional affirmation and belief, we can unite. In fact, we are all connected. Connected through energy and spirit. The nursing spirit lives inside of each and every one of us. Now is the time to let it shine.

Who’s with me? Ready? Let’s go!
Chapter Two: Energy in Everything

Energy. It’s what keeps us alive. It’s what makes this world go round. It’s what allows us to work, learn, travel, play and grow.

The sun warms our planet, allowing plants and animals to thrive. Energy is produced in so many ways so that we can heat our homes, drink clean water, read a book at night—read this book right now on the device that you are using.

We are able to visit relatives, go to work and take a much-needed vacation. While we can see, hear and even feel the energy all around us—what about the subtle energy, the energy we may never fully understand?

Energy is as much within as it is all around. Our bodies are composed of multiple complex systems. These systems are made up of organs. We know organs are made of tissues. We can break things down even further into cells. Cells are created from molecules which are comprised of atoms. Atoms are a collection of sub-atomic particles and at the very basic level, again—maybe even a level we can never fully grasp, this is energy.

We are made up of energy. Our entire body is energy. The chair you are sitting on is energy. The book you are reading is energy. The words, the thoughts and everything that is put into and taken out of are energy. Actions, emotions, feelings and memories are energy.

Let’s hold up a moment because that concept is very, very important. Our words, thoughts, emotions and actions are energy. Even the intangible is energy. Your feelings, words and behaviors are energy.

Now without getting all scientific here, let’s just agree to agree with the unknown. And if you can go along with the concepts I’ve presented to you here (and that have been presented by the great thinkers of our past, spiritual beings of eternity, and the ingenious scientists of our here and now) then you can start to understand just how important it is that we take control over ourselves.

If everything is energy, if your thoughts, words and actions are energy, then how important is it for you to transmit that energy in a positive way?! Especially since you are a nurse!
You’re out there all day long taking care of other people, helping people get better, providing comfort to the sick and sharing compassion with the dying. You teach, train, advocate, listen and heal.

What do you think is happening if you are like the nurse in the introduction of our book?

What do you think you are doing to the nursing profession if you are picking it apart with every teeny-tiny complaint? With every negative word? With every horrid thought? With the moments you spend gossiping with co-workers? With the time you waste in spreading nasty stories? With the energy (yes, there it is again, ‘energy’), with the energy you use bashing the nursing profession?

OY! That was harsh. And I know that it was.

I’ve done it too.

I’m ashamed of what I’ve done.

I can never get that time back.

I can’t change the past.

But guess what? I can learn from my mistakes. I can consciously choose another way. I can help other nurses by sharing what I’ve learned. I believe that every life experience is an opportunity for growth, healing, learning and change.

So yes, while I’m raising my hand here saying ‘I did it too,’ I am also living, walking proof that every single one of us can change.

I could not stand my life, what it had become and how I felt in it. I was the epitome of the ‘negative Nancy’ nurse. I complained, gossiped, bashed and defaced. I drank to avoid the pain. I slept to forget about work. I called out to ‘get back’ at the unit. I hated my profession.

Guess what? When I was doing that I was not alone. I had great power in what I did. I was a ‘leader’ on my unit. I stirred the post. I rallied the troops. I spread the rumors. And it showed.

People were unhappy. They were dissatisfied. Colleagues of mine shared my misery. But then something snapped, something inside of me said ‘You can’t continue on in this way. This isn’t the life for you.’
Was it energy?
Was it spirit?
Was it a decision that staying the same felt worse than trying something different?
Who knows?

What I can tell you is this: I chose something different. I made major changes. I totally reshaped my life. Slowly, but surely I’ve felt something different.

I’ve felt a spark inside. I’ve seen the light. I understand love.

Now I love nursing. Now I’m proud to be a nurse. Even writing these words brings a lump to my throat and a tear to my eye.

Nursing is where it’s at.

What a gift.

OK, trust me. This all has a point to it. I know I just went on a major rant- but it was necessary. Some of you reading may have had it very hard. Some of you reading may be at your wits end. Some of you may be disgusted, disgruntled and disappointed.

I get that. I shared with you a bit about my own metamorphosis to say: it’s OK. You’re in the right spot. In fact, you’re in the most perfect place in your life right now. If you’re still here and you’re reading along with me, everything is normal. You are just fine.

If you haven’t stopped reading yet, haven’t chalked this up to some ‘Polly Anna woo-woo’, you’re exactly where you need to be. Life has its purpose. Your life has its own unique purpose. The challenges you’ve faced and struggles that nursing’s presented to you are the experiences you were meant to have.

Let’s face it. It’s all about energy. Now let’s move on to how we can take these concepts, embed these principles and allow these theories to create epic shifts in our lives.

Our journey continues as I share with you some of the wonderful ways to empower yourself and your career through your own beautiful energy and unique nursing spirit.
Chapter Three: Nursing Desires

So far we’ve covered some very important information.

Initially, I presented to you the fact that many of our own are out there devaluing the face of nursing with their thoughts, feelings, words and actions. Then we journeyed through the energetic plain. We discovered that everything is energy and to know this information is empowerment in-and-of-itself.

Next I encouraged you through my own personal share. I can change; you can change; we all can change. As we move forward now with this book, I’ll share with you some of the amazing tools that have helped me shift, have allowed me to fully enjoy and live my life.

In this chapter and the next two that follow, I am thrilled to share with you some practical, easy-to-use strategies. And don’t freak out. These are not terribly time-consuming.

I know as a busy nurse you’re already oversaturated with information. What I’m about to share with you can be done in doable increments, spread out over your day. So no. You won’t need to find an hour in an attempt to jam any more in to your already over-packed day.

Let’s start with revisiting the Mother Teresa quote once more. She stood firm in her stance, saying she would only attend a pro-peace rally. Let’s talk in brief about the very languaging of this and then we’ll get to the simple strategy.

Mother Teresa once said:

“I was once asked why I don’t participate in anti-war demonstrations. I said that I will never do that, but as soon as you have a pro-peace rally, I’ll be there.”

As we’ve discussed earlier, everything is energy. Words are energy. Actions are energy. And this energy you transmit is the energy that you get back (more on that later).

Another important concept is that the energetic world doesn’t apply the word ‘not’. For example, saying something like “I’m not going to worry anymore” only means you will continue to worry. The ‘not’ is not (no pun intended) recognized. The energetic
world only hears: “I am going to worry.” And worry is what you will continue to do and continue to get.

An anti-war rally or a ‘war against drugs’ or anything that you are fighting against only gets stronger. You are placing more emphasis on the very thing you don’t want. When you focus on what you don’t want you only get more of it.

Where you give your attention is where the energy will flow.

I’ve really taken this to heart. I agree with Mother Teresa and what she said. In fact, I don’t believe in many of these anti-cancer campaigns in healthcare. Or anti-obesity, anti-heart disease, etc. I never go to any of those events; I don’t give them money. I won’t even race (as in run) if the cause is some kind of anti-this or that.

We’re only giving more energy to what it is we don’t want. We’re fueling the fire of what we’re trying to avoid.

C. G. Jung said it best: “What you resist, persists.”

What you attempt to fight against only becomes stronger.

So in our case of the nursing rant bashing our profession- the more you speak or think about it, the more it exists.

Think about it. ‘Nurse bullying’. ‘Nurses eating their young’. These are concepts that have been around as long as our profession has. Ask any nurse what ‘nurses eating their young’ means and they can easily tell you in no seconds flat.

If experiences like this are known to us all, have you ever thought about why that is? How come any nurse you meet will understand before you even tell them what you mean?

It’s because of energy.

What we perpetuate, by thinking, writing or talking about, continues on. We are enabling our own defects. We empower the very thing we are trying to avoid.

So what can we do about this?

Well, for one, we can learn from Mother Teresa’s example.
Simple Strategy Number One:

Focus on what you want instead of what you don’t want.

Has anyone ever asked you what it is you want out of life? And if they have, what typically happens? You probably have a hard time articulating what it is you want. But what happens when the opposite is presented to you? If someone was to ask you all of the things you don’t want to happen, can’t you go on and on with responses creating a lengthy list of the things you don’t want out of life?

I’ve seen this with groups of nurses too. When asking a group of nurses what their ideal work environment would look like they pause. Total silence envelops the room. People are stumped. On the other hand, ask a nurse what needs to be fixed or changed in the workplace and they are able to speak at great lengths about all of the things they don’t like or don’t want or don’t agree with.

Our ‘don’t’ culture is infectious. Being in a group- like a group of nurses- increases your chances of the ‘don’t want’ syndrome exponentially. That’s why it’s crucial for you to decide, here and now, that it’s OK to be yourself.

It’s OK to be different, to stand out from the crowd. It’s OK for you to choose another way to live. It’s necessary, at this moment, to focus on what you want rather than beating the proverbial dead horse of what it is you don’t desire.

Simple strategy number one is that simple. Focus on what you want. Any time you start hearing yourself think or say “I don’t want…” stop. Immediately stop. Stop dead in your tracks.

Work on shifting your language. How can you reframe and rephrase your statements? What can you say or do differently that moves you towards what it is you do want?

Remember, the energetic world does not hear or understand the word ‘not’. It’s as if it never happened. The more you use ‘not’ in front of a statement the more you bring that very experience closer to you.

Instead of ‘I don’t want to have lazy coworkers’ it’s ‘I choose to work with a great team’. Instead of ‘I don’t want to work there anymore’ make it ‘I empower myself to claim that job’.

Move yourself towards what you desire instead of running away from the things you don’t want. As the saying goes, the grass isn’t always greener on the other side.
So by now you might be thinking, well that’s almost too easy to be something I can do. Here’s my response to that: avoid complicating it. This process is very simple. And it’s the simplicity that makes it something you can do without adding a ton of extra time to your routine.

Work this into your daily life. Use this in your thoughts, words and actions. Live and breathe the ‘do’ experience. You’ll get much closer to your goals when you do. And if you’re worried that you won’t remember to do this- continue on to our next chapter. There I will show you another practical technique to making sure that this works.

Let’s go!
Chapter Four: The Power of Emotions

After reading chapter three, you might be thinking: ‘What if I can’t catch myself quickly enough? What if it’s hard to eliminate the ‘don’t’ patterns of my life?’

Well, first of all ease up. Let go of the pressure you place on yourself. Be gentle. If this is a new way of thinking, speaking and acting it won’t feel comfortable at first. Those around you may find it strange and challenge your newfound beliefs. All of this is totally normal.

There is no quick fix. Release the need to be perfect. Let go of the instant gratification mentality. This is a sure-fire way to failure. So first piece of advice: practice.

Practice what you can; do what you can do. Let go of the need to control. Release expectation.

Just practice.

Now that being said, I will share with you an easy way to get better and better at focusing on what it is you do want. Ready?

Simple Strategy Number Two:

Use your emotions as clues.

The minute you start feeling badly: irritated, angry, upset, hurt, worried, etc.- you are receiving a major gift from your own energetic being. Your higher self, the authentic you, is giving you a subtle warning sign that you aren’t moving towards your ‘wants’ any longer. You’ve headed into the ‘don’t want’ territory and it’s time to pause.

Let me explain here.

An event occurs. Let’s say your boss comes in and tells you to do something. You receive the experience in your unique way. What happens is your perception of the event. Because of your past memories, beliefs, attitudes, opinions and all of the other ‘stuff’ that is stored from the time of your birth shapes how you perceive the situation.

Let’s just say you don’t like how your boss told you to do this particular thing. Or maybe your irritated because you can do it, but you’d rather do it another way. Whatever the case may be; you start feeling bad.
There you go. There’s your clue!

An experience occurred. You receive and perceive it. You have a thought about the situation and that thought triggers an emotion.

If that emotion is not a neutral or positive one, if it’s a negative emotion that is your true self sending you a huge warning sign. “Stop!” your inner self is shouting. Stop right now.

If you are feeling a negative emotion it’s because something is happening that is moving you away from what you want.

Maybe your boss told you to do something. Like we said above, for some reason the situation triggers a negative thought. The negative thought is played out in negative emotion. And boom- in that moment you can figure out what it is you want.

‘If I don’t like being told to do in this way, maybe it’s because I want more autonomy. Yes, autonomy is something I desire. I choose to claim more autonomy.’

When that negative emotion hits, pause. Take a moment to reflect on what is happening that you don’t want. And in that very moment, if you just examine the opposite of what you don’t want to happen you will stumble upon the treasure. The treasure of what it is you do want; it’s now glowing bright and shiny for you to see.

You can easily discover what it is you do want.

Time and time again, figuring out what you do want can be realized by examining the ‘don’t wants’. If I don’t want to be talked down to; I do want to be respected. If I don’t want to be bullied; I do want to be valued.

Your emotions are powerful gifts from your energetic self.

What’s more- this is another resource that doesn’t take a lot of time. You can do this in the very moment it is happening to you. In fact, you must. This is one of the reasons that living in the present moment is so crucial.

If you’re too busy being occupied with the past or worrying about your future you will miss your opportunity to shift.

The emotional clues will come and go. They’ll speed by fast. If you’re unable to stay present, in the here and now, you’ll miss out on some really great chances to learn, heal, grow and change.
So as a bonus tool, you’ve got to start some sort of mindful practice. Meditation, breath work, Yoga, Reiki, mantra. I don’t care what it is you decide to do but you must do something. How else will you cultivate the capacity to exist in the present moment without practicing it first?

While this strategy- focusing on your emotions as clues- is totally easy since your emotions are coming and going on a daily basis; what happens if you’re not even able to stay present enough to experience them? Worse yet, what happens if you push them down, avoid them or pretend as if they’re not really happening?

This is the reason we must feel our emotions. Allow them, feel them, and let them pass. Release emotions. Let them go. In the allowance of letting emotions flow through you, you are more equipped to make positive shifts.

Stuff them down; pretending they’re not there, you’ve just created a recipe for disaster. What happens to a pot of boiling water if it’s never taken off of the stove? It overheats. It explodes, making a huge mess.

Emotions are a gift. They can be like a beautiful present, wrapped in a shiny box with a bow on top, waiting for you to open and find the magic inside. Good and bad, positive and negative. Even the ‘bad’ ones serve a purpose. The negative emotions clue you in to something very powerful. They provide hints that you’re unaligned from what your true self really wants and desires.

You want to move closer to what you do want? Focus on your emotions; they will show you the way.

Practice some form of mindful meditation on a daily basis and train yourself to be in the present moment more and more. The more you can be aware of and tending to your here and now, the more likely you will pick up these subtle emotional clues.

I can’t make it any simpler than that. Well, OK. Maybe I can. In our next chapter, where we cover simple strategy number three, I share with you the most essential of all techniques. The most basic, but the most empowering strategy is next. Journey on…
Chapter Five: Nursing is a Gift

Our final strategy is the simplest one yet. Before I share with you what it is I want you to practice, let me offer a quick story as a reminder of what’s important.

The social media post that opened up this book here today is not an isolated incident. As I shared, I’ve spoken that way before. Maybe you have. Maybe you’ve heard someone you work with speak in this way. I can bet that each and every one of us nurses has felt badly about nursing at one time or another.

Yet as we’ve talked about in the entirety of this book, there is another way.

I was with a group of nurses the other day, sitting around and waiting for an event to start. I’m always quiet in these types of situations as I love to observe and listen. You can learn so much by hearing other people talk.

The group was going on and on about the complaints they had with their workplace. The unit, the people, the supplies, the staffing. All of it. But what was the one thing this group of nurses had in common?

With a discussion so focused on the negative they totally overlooked all of the positives in their lives. Taking nursing for granted is something I see happen on a daily basis.

Think about how lucky you are. You get to serve and help other people on a daily basis. You get to interact with unique and beautiful human beings. You get to work in a role that is never the same two days of the week, stimulated by the adrenaline and energy of it all. You get to learn, develop, grow and acquire new skills. You get to work!

Let’s reflect again on the questions I asked you at the start of this book. Maybe they’ll mean something deeper and more valuable this time around.

Why did you go into nursing in the first place?
What was it about becoming a nurse that made you feel excited?
When was it that you first knew you wanted to be a nurse?
How did you envision your nursing career?
What did you love about nursing back then?
In short, what is it about the nursing profession and your role as a nurse, can you be thankful for?

This leads us to our final strategy. Some of you may already have a feeling for what this is, but I’m going to share a special twist that will catapult you beyond anything you’ve ever experienced before.

**Simple Strategy Number Three:**

**Practice gratitude on a daily basis. And feel it.**

I’m sure you’ve heard of gratitude before. Lately it’s become a very popular thing. With gratitude journals, morning gratitude exercises and lots of self-help gurus talking about the power of gratitude, expressing thanks has taken center stage.

In most cases, I choose to stay away from the crowd, but in terms of gratitude— all of these people telling you to practice it are right. Often what’s missing are two crucial caveats that I will cover with you right now.

First off, you must practice gratitude on a daily basis. You must. As simple as brushing your teeth or going to the bathroom, you do these things every single day, right? Gratitude is the same thing. You can’t do it one day and expect for everything to change. Remember, as I said before this isn’t a ‘quick fix’.

Just as I instructed you to take up a daily meditation practice to help you stay more present in the moment, I highly encourage this as well. You must practice gratitude on a daily basis. The more you can be thankful for, every single day, the more things to be thankful for will come.

Remember when you focus your attention on something it creates an energy flow. Focus on the gratitude; get more to be grateful for.

The other piece to this, which not many people talk about, is feeling it. It’s more than simply expressing the gratitude in words. I did this for awhile.

I saw the movie ‘The Secret’ and I was like, ‘Oh I get it’. I ‘understood’ the concept in theory. I could recite back to you what the Law of Attraction was saying. But did I live it? Initially, no.

It was a lot of parroting back what I read and heard. Grasping it in mind, but not in heart. Stating the information instead of living the skill. As nurses we are sort of in danger here.
We can learn clinical skills, watching an instructor teach us what it is we are to do. We may even pass an exam, mentally grasping the information. But unless we actually do it, use it in our practice, are we living the new skill in our lives? Are we incorporating these skills into our work routines?

As a psychiatric nurse I lacked many of the ‘medical’ nursing-type skills. I can remember we had a patient on our floor that had a tracheotomy. My oh my, were we scared!

No one wanted to have this patient. During the day it wasn’t that bad because the medical nurse would come by and see him. But at night- at night when we were all alone with just two of us there- it was always a fear that I’d have to perform this task.

I understood what I was supposed to do. I watched someone else do it. I read about it. I could tell you how to do it properly. I even knew what equipment to use and what safety precautions were needed. But to actually do it! Without embedding that experience into my life; I was terrified.

The same holds true with gratitude (well, maybe not the fear piece).

You can understand the concept; you can even say ‘I’m thankful for’ in words. But unless you put meaning and feeling behind the actual prose; you won’t get the most bang for your buck.

Attaching a feeling to it is so much more powerful.

Why?

As we talked about before emotions are powerful clues. In addition, emotions are attached to thoughts. Feelings get stored in our psyche.

It’s not ‘Oh, I remember when I got lost as a little girl’. It’s the feeling of being lost that you remember. The terror that your parents would never find you. The confusion that was overwhelming. The tears that gushed as you got more and more stressed out. You feel that memory; you don’t just ‘say’ it.

When you practice your daily gratitude you must attach an emotion to it. Why does the person, place or thing that you are expressing gratitude for make you feel good? What feeling comes from that situation, event or idea that you are thankful for?

Instead of ‘I’m thankful for my family’ it’s ‘I’m thankful for my dogs because they make me feel silly, playful and full of cheer’. And then as you say it, feel those feelings.
I take it as far as saying my gratitude list while looking in the mirror. I smile at myself and really feel the joy coming from inside of my heart. It’s something I’ve committed to doing on a daily basis and boy, oh boy. I’m seeing the results... and so can you!
Chapter Six: The Art of Nursing Revived

Wow. We’ve covered a lot. I’m feeling really good. Energized and rejuvenated. How about you?

In this final chapter, I want to highlight the spirit of nursing. I’ve talked a bit about your own inner energy in this book. I’ve also mentioned the energy of your authentic self. But what about the nursing profession? Does our group embody a spirit of its own?

My feeling: it certainly does.

For some time now we’ve been a bit lost, drifting from here to there. How can we improve nursing? What’s wrong with the profession and how can we fix it? Lots of theories, suggestions and practical ideas are being shared.

My take on this: nursing is in need of a major shift. One that takes time, guts and passion. One that comes from within. One that starts inside and changes our external environment once and for all.

We’re never going to make any changes within our profession the way we’ve tried before. For the great Albert Einstein once said:

"We cannot solve our problems with the same thinking we used when we created them."

It’s time for a shift from the inside-out. Shift your own thoughts, shift your world. Shift your own energy, impact those around you. The ripple effect is palpable.

What happens when you smile at someone? Well more often than not, if they’re not some sort of weirdo or total freak, they smile back. When you say something nice, someone feels good and will bring that warm-hearted kindness to the next person they see.

Pay it forward, right?

Reconnect with the spirit of nursing by awakening your nurse within.

The science of nursing has been growing by leaps-and-bounds. We’ve got technological advancements, electronic medical records, computerized charting, and access to immediate information. We experience bells, whistles, and alarms all day long. We train in further skills and acquire expert certifications.
We’re crazy good at the ‘science’ of nursing.  

But what about the ‘art’?  

What about that human touch, that healing relationship that nursing is all about?  

In our world of scientific nursing has the ‘art’ all but gone away?  

And don’t get me wrong. I love the technology, in fact probably more than most people. It makes my work easier and more global. In using social media, email and text, and the speed of the internet my ability to relate to and connect with more and more nurses grows exponentially. I am thrilled with the science of nursing.  

However I also see a place for the ‘art’.  

What I envision is a beautiful blend between art and science of nursing, a revisiting of the way nursing was envisioned by our founding pioneers. Let’s bring back the ‘art’ of nursing and let’s do it every single day.  

Show up for your patients. Feel joy, gratitude and appreciation for your work. Even in the most chaotic and rushed of moments, take one second- one moment of pause. For as I shared in each of my simple strategies, this doesn’t take extra time. This isn’t adding hours to your day.  


Can you be present with your patients?  

Can you practice the science in an artistic way?  

Yes!  

Yes. Of course you can.  

You can do anything you consciously choose to do. You can do anything you put your mind to. And I invite you to do this in a very professional, fun and interactive way.
**About the Author**

Spiritual Practice Nurse Elizabeth Scala is on a mission to shift the profession of nursing from the inside out.

Nurses typically enter their careers with a desire to provide compassionate, heart-based care. Challenged by regulations, financial pressures and technological advancements, today's nurse struggles to balance the art with the science of nursing.

As a speaker, author, workshop facilitator and retreat leader, Elizabeth inspires nursing teams to reconnect with the passionate and fulfilling joy that once called them to their roles.

Elizabeth is also a certified coach and Reiki Master Teacher. She lives in Maryland with her supportive husband and two playfully, silly pit bull dogs. When Elizabeth’s not speaking to or teaching other nurses you can find her enjoying nature, relaxing on the beach, doing Yoga or dancing to her favorite jam band, moe.

You can find out more about Elizabeth at [http://elizabethscala.com](http://elizabethscala.com)

**Other books by Elizabeth:**

- [Back to the Basics: A Nurse's Pocket Guide to Self-Care](#)
- [Learning through Experience: An Inspirational Resource Booklet of Expert Interviews](#)

And if you enjoyed this eBook and would like to receive your very own Kindle version, you may do so by clicking [here](#).