

Society for the Advancement of Modeling and Role Modeling

Winter Newsletter



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The Spring 2011 MRM retreat is being held May 20– 21, 2011. If you plan to attend, please make your reservation for lodging on your own www.casadesuenos.com

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Message from the President

By Ellen Schultz, President, SAMRM

On behalf of the Executive Committee of the Society for the Advancement of Modeling and Role-Modeling, I wish you a joyous and peaceful holiday season and happiness for the New Year. This is the time of the year when we remember with gratitude the blessings in our lives.

How can we make the wish for joy and happiness a reality in our lives? Much has recently been written by psychologists, philosophers, and journalists about how to find happiness. In an article on the topic of happiness in *Real Simple*, Menter (2011) writes about times in her life when she has questioned if she was on the right path to happiness. She notes that almost any track, followed in the right spirit, could be the right one. "Happiness comes in small moments while you are pursuing the big stuff" (p. 109). Suggestions, offered by Pepper (2011), for

working with the 40% of our happiness that is within our control include repeating behaviors that have made us happy in the past, immersing ourselves in what we are doing, and doing something that serves a greater purpose.

In reflecting on happiness, my thoughts kept coming back to Modeling and Role-Modeling, as often happens when we integrate the theory into our lives.

Questions came to mind. For example, would we experience the joy of others more if we gave up making judgments and embraced unconditional acceptance? What if we engaged in holistic self-care, or really listened to others

to understand their models of the world, or developed heart-to-heart connections with others? What impact might that have on our happiness? I do know that when I teach the theory to my class and apply MRM concepts to my relationships with my students, I am much happier in the process. Before signing off, I want to thank those of you who contributed to the newsletter. We have a variety of interesting segments shared by our members. I look forward to continued development and application of Modeling and Role-Modeling theory.

Holiday Blessings,
Ellen

Menter, M. (2011). The history of happiness. *Real Simple*, (Jan.) 109.

Pepper, L. (2011). The science of happiness. *Real Simple*, (Jan.) 110-113.



The Botswana "I am Proud to be a Nurse" Campaign

By Debra Rose Wilson

In May of this year, I had the privilege of being an International Visiting Scholar at the University of Botswana. Botswana is a landlocked country in the southern part of Africa that holds the vast Kalahari Desert. A diamond rich progressive country, Botswana has less than 2 million people and an

impressive steadily rising economy. Unlike some other African countries, Botswana has always had a stable, well functioning democratic government. However, like many other African countries the HIV / AIDS rate of one in five people steers health programs, funding, and nursing practice. The nursing shortage is felt particu-

larly sharply in Botswana. In the United States there are between 10 and 13 nurses per 1000 people. The ratio of nurses in Botswana is about 3.8 / 1000 whereas globally the ratio varies between <1 to > 15 / 1000 (ICN, 2010). Shortage of equipment, medications, and resources is compounded... continued on page 2...

The Botswana “I am Proud to be a Nurse” Campaign continued...

with poor practice environments and less than adequate salaries for nurses. Over time, the scope of nursing practice in Botswana has expanded enormously. Nurses are performing roles and activities that, in the United States, would be considered beyond our scope of practice. The high prevalence of HIV/AIDS has affected nursing more than any other profession. Retaining nurses in the profession has become an even bigger challenge due to all of these issues: compromised working conditions, high workloads, and the expanded scope of practice. Nurses are leaving the profession or emigrating. We can make a

difference. I am proud to be a nurse. I know that nursing is an honorable profession. In Botswana, however, the image of nursing is somewhat “tainted”. When health care is not up to expected standards, complaints are directed at nursing staff through the Botswana Ministry of Health, the Nursing and Midwifery Council of Botswana, and the Nurses’ Association of Botswana. There have been increasing accounts of unethical behavior, unprofessional conduct, poor patient care, and workplace violence. The media depicts extreme negative cases, with little recognition going to nurses who assist their patients to heal, become

informed consumers, and assume appropriate self care. In response to the concerns about poor public and self image of nurses in the county, the Nurses’ Association of Botswana has started an “I am proud to be a nurse” campaign in the context of the 2010 International Year of the Nurse.



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Remembering Elizabeth “Betsy” Anne Fisk



By Ellen Schultz

In October we were saddened by the news of the death of Elizabeth “Betsy” Fisk.

Betsy had been a long-time member of the Society for the Advancement of Modeling and Role-Modeling, a strong voice for MRM theory, and the secretary of the organization. Betsy received a B.S. in Nursing from Burbank School of Nursing –Fitchburg State College, an M.S. in Nursing from Boston University and an M. S. in Nursing Education from the University of New Hampshire. She had a distinguished career in nursing education, influencing the future of nursing through teaching nursing students.

Betsy was involved in a number of professional organizations including Sigma Theta Tau, as well as many community organizations. She has left a legacy through her personal involvement in the lives of students, community members, and her family. Those of us who have known Betsy through SAMRM will never forget her energy and loving spirit. But we had just a glimpse of the impact the Betsy had on her family. She loved to read and passed down that love to her children and grandchildren. ...continued on page 3...

Thank you Helen!

I have recently made the transition from full time hospital practice to the world of academia. At my request, I am teaching a junior level Nursing Theory class. I have encouraged the students to reach out to the theorists that ring a bell with them. Four of eighteen have chosen to write their

final paper on Modeling and Role-Modeling. One of these students recently came rushing into my office. “She got right back to me!” She exclaimed. She had contacted Helen for a bio and other resources, and Helen, gracious as always, returned the email with a plethora of resources.

Thanks, Helen, for being so approachable, so responsive, and living up to the precepts of your own theory! Forever grateful,

Lynn Smith

Update on Theory Development, Research, and Utilization Grant

The Spirituality of Staff Nurses: Application of MRM Theory
By *Mary Elaine Koren, RN, PhD and Christina Papadimitriou, PhD*
Erickson's (2006) theory of Modeling and Role Modeling states that spiritual drive, is the most significant subsystem of the body, and is the essence of every human being because it defines who we are as individuals. Nurses' work is inherently spiritual (Wright 2002), yet spirituality is poorly researched and understood in the nursing literature. Nurses routinely ad-

dress the spiritual needs of their patients, yet little is known about how their spiritual needs are met. There is a dearth of studies examining the relationship between nurses' well-being (including spirituality) and quality of care. The overall goal of this study was to understand the role of spirituality in nurses' daily work practice in order to identify facilitators and barriers to nurses' well-being at work.

A total of 11 nurses participated in two separate focus groups. Participants

were staff nurses from various medical-surgical units from one hospital. Preliminary findings suggest that participants equated 'good nursing care' to caring for patients, as well as being aware of caring for themselves. In that sense, quality care relates both to patient care and self-care. The ability to help others provides participants' work life with meaning and purpose.

As one participant mentioned "We are here to help patients. We're helping ...continued on page 4...

"...She wanted us to be a hero of our own. I have found my hero in myself through nursing, the same profession as my grandmother..."

Granddaughter of Elizabeth Fisk

Remembering Elizabeth "Betsy" Anne Fisk continued...

Betsy and her husband took each grandchild on a trip to Europe at the end of their sophomore year of high school, a highlight of their teen-age years.

Her love of nursing is shared by one of her grandchildren who is an RN. Her granddaughter explained it this way, "My grandmother wanted all her grandchildren to discover and find their own character and feel empowered... She wanted us to be a hero of our own. I have found my hero in myself through

nursing, the same profession as my grandmother. She was my mentor, advisor, and guide through the difficult and good times."

Other comments from her granddaughters reflect the love of life that she brought to her family and to SAMRM. "It is her love of the color orange and new jewelry. It was the joy that she had because of the little things in life. It is the little things about grandma that we that we need to remember now." "We can all agree that her

vivacious spirit and energy commanded any room she entered. She had so much unconditional love that she gave to everyone. My family is so blessed to have such a loving and caring person as a grandmother."

SAMRM has also been blessed to have had Betsy as a leader in our organization.

Self-Care Tips: Just Breathe

By *Ellen Schultz*

Breathing is the most basic and life-sustaining human function. Although the way we breathe has a profound influence on the quality of life, many of us do not receive the full benefit of the inhaling deeply. We often tend to rely on shallow breathing, using only the upper portion of our lungs. One breathing technique recommended by Laurie Ellis Young (2008) is the complete breath. This technique will

help you master the breath and make breathing more conscious. She describes the following steps to experience the complete breath:

- *Lie down and place one hand on the lower abdomen, one hand on the upper chest; bend the knees if more comfortable. Breathe through the nostrils.*
- *Fill the lower belly, engaging the diaphragm*

- *Continue filling the middle belly, pushing out the lower ribs and chest.*
- *Fill the upper portion of the lungs in the chest, expanding the rib cage up.*
- *Exhale slowly beginning from the top to the bottom of the lungs. At the last moment, slightly contract the muscles of the lower abdomen.*

Benefits using the complete breath include increasing capacity of the lungs, improving body functions,

promoting harmony of mind-body-spirit and enhancing calmness and peace.

For more information of Change the Breath workshops by Laurie Ellis-Young refer to www.BreatheTheChange.com

The Botswana "I am Proud to be a Nurse" Campaign continued...

This campaign was initiated to improve the image and reputation of nurses and midwives in the country and to gain the public's respect and confidence in the profession by assessing the image of nurses, disseminating positive information about nursing, and motivating nurses to take pride in their profession. The University of Botswana is helping by conducting assessment surveys of nurses' perception and satisfaction of their own profession. Award winning Botswana nurse ambassadors will be trained to implement the campaign. **You can help!** There are fewer than 8,000 nurses in Botswana compared to 80,000 nurses in the state of Ten-

nessee alone. A little help can make a huge difference. Nine thousand of these pins (see page 2) were purchased (enough to cover every nurse in the country and all new graduates until the end of 2012). These pins have arrived and are being distributed by nurse ambassadors and the Nurses' Association of Botswana. You can purchase and identical button for yourself or a nurse you know for \$5.00. Your five dollars will cover the costs getting brass pins to 5 nurses in Botswana. If you would like to sell or purchase the "I am proud to be a nurse" pin or donate to the campaign, please email me at debrarosewilson@comcast.net.



Nurse ambassadors training day closing ceremony at the Nurses' Association of Botswana. These are nurses recognized for outstanding nursing care or leadership. It is these nurses who will be spreading the I am Proud to be a Nurse message throughout the country. They told me they are waving at colleagues back in the United States who are motivating them to be proud and sponsoring the costs of the pins.

Update on Theory Development, Research, and Utilization Grant

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them to move on to the next stage of their life and that is rewarding to me." Furthermore, participants report that feeling supported by their co-workers, supervisors and the institutions made a difference to their ability to provide 'good' care to their patients. MRM theory's focus on spiritual drive directly relates to our participants'

sense of care giving as 1) the fundamental job of nurses, 2) contingent to receiving support from colleagues and the work environment, and 3) highly rewarding.



Defining MOJO...

By Evelyn Swenson-Britt

Below is a link to a YouTube video that was used during our strategic planning. It was part of our CNO's address to nurses about the importance of our theoretical model (MRM). It refers to what Marshall Goldsmith calls "getting your MOJO back". Our mantra became "believe in the power of nursing". We taped Helen Erickson while she consulted with us, and two

staff nurses spoke about how we apply MRM theory. I hope you enjoy the video.

<http://www.youtube.com/watch?v=DhYeeVghhQU>

University Health System, San Antonio, TX

"It is good to have an end to journey towards; but it is the journey that matters in the end"

~Ursula K. LeGuin



Membership Application

Please Print

Name

Address

Phone (home)

(Cell)

(Work)

Fax

Email

Profession

Highest Degree

Employee/Agency Affiliation

Field of Employment/Position

Area of Specialization

How do you want to be involved as a member?

Please indicate your area(s) of interest

Clinical practice

Teaching MRM

MRM related research

Other

Membership Desired _____ General (\$25/year) _____ (\$50/2 years)

_____ Student (\$15/year) _____ (\$30/2 years)

_____ Scholarship Donation _____ TOTAL

Please make checks payable to SAMRM

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