



Greater Chicago Area Chapter (GCAC) American Association of Critical-Care Nurses



For Immediate Release:

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Chicago, IL – April 13, 2020 – How is everyone doing as we face the ever-evolving COVID-19 situation? Every day new updates and challenges are making it very difficult to remain focused and positive as we support and care for our patients.

It occurred to me that with everything going on, we need to intentionally take care of ourselves so we can indeed be the best nurses we dreamed of becoming while we were in school. I am looking for a few suggestions to keep our stress levels down, boost our positive outlooks, and energize our passions. I invite everyone to submit an idea, a suggestion, a behavior, a piece of artwork, or music that helps to bring you some peace during this turbulent time. We will share these suggestions, so they are easily accessible on our website.

We encourage everyone to visit aacn.org for a review of the current guidelines and best-practices based on the CDC guidelines. You will find the most up-to-date information that you can share with staff who may be scared, uncertain, and needing some extra encouragement as we anxiously await the return to normal living.

We want you to know that we are thinking about all of you and joyfully anticipate our next meeting. Stay healthy, stay hopeful, and above all, when you are not saving lives at the hospital...STAY HOME!! After all, we are UNSTOPPABLE!

Very sincerely,

Nancy Silva