**Message from NEAOHN President**

**October 2020**

This is certainly a year everyone will remember, especially for the nursing and allied health professions. The World Health Organization has chosen 2020 as the **‘Year of the Nurse and Midwife’** to honor our own Florence Nightingale’s 200th birthday!

Florence Nightingale emphasized **key nursing values** – maintaining good hygiene, regularly washing hands, and carrying out evidence-based practices. It is ironic how these values continue to guide nurses today, especially in the management of COVID-19 outbreaks both at the worksite and within the community.

On behalf of the NEAOHN Board of Directors, we would like to recognize all occupational health nurses for their dedication and commitment to the nursing profession. Please join me in reflecting on some of Florence’s inspiring quotes.



*“I am certain that the greatest heroes are those who do their duty in the daily grind of domestic affairs whilst the world whirls as a maddening dreidel.”* Florence Nightingale.

*“Everything is sketchy, the world does nothing but sketch*.” Florence Nightingale.

Nursing continues to remain one of the most trusted professions where people seek information for answers, support and guidance. As scientists and medical professionals learn more about COVID-19, we must be open to new and updated information to effectively manage the effects of COVID-19. OHNs continue to adjust policies and directives to provide the best care.

*“We normalize our everyday function without the benefit of knowing what we do makes such a difference to others. Consider approaching each day believing you are a hero to the lives you touch that day and see what kind of impact it has on you and those around you.”* Florence Nightingale.

*“To understand God’s thoughts, one must study statistics… the measure of his purpose.* Florence Nightingale.

2020 has reminded us of why we have followed this path, passion and career. We have worked more hours than we thought possible and undoubtedly, we are making a difference every day in someone’s life.

*“You don’t need to solve massive problems to make a difference. With every patient you touch, you have the capacity of impacting their lives and making a difference.”* Florence Nightingale.

While we have been managing the CDC protocols in our employee’s cares, we have been listening and understanding the pain, anxiety and fear in their voices. We have had the opportunity to intervene in their emotional well-being as well as their physical needs. Nurses have been doing what we do best, caring for those who are in our charge – caring for their body, mind and spirit.

*“People say the effect is only on the mind. It is no such thing. The effect is on the body too.”* Florence Nightingale.

**My Final Thoughts…**

Nursing is a gift we have that makes our lives better. I read somewhere that in five years, it is estimated that most nurses would have cared for over 10,000 patients! Each interaction impacts both the patient and the nurse. Thank you for all you have done to help our employees and for the positive impact you have had on our profession. Take some time to recognize your hard work and most importantly to take care of yourselves.

*“Live life when you have it. Life is a splendid gift- there is nothing small about it. Every patient you care for provides you the gift of the glimpse into just how splendid life is.* Florence Nightingale.

**I couldn’t resist one final quote……**

*“Every nurse ought to be careful to wash her hands very frequently every day.”* Florence Nightingale.

Gail Carchietta

NEAOHN President