

Finding Your Passion!

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Do you ever get frustrated??

► www.youtube.com (kid and work)

Who I am

- ▶ Nationally Registered Paramedic-1998
- ▶ Registered Nurse-2003
- ▶ Colonial Heights Fire & EMS
- ▶ Chesterfield Fire & EMS
- ▶ Carilion Roanoke Memorial Hospital-
Emergency Department
- ▶ Carilion Clinic Life-Guard
- ▶ CFRN-2010

Never say never...



What are we doing today?

- ▶ We're going to talk about things that don't get talked about much!
- ▶ Stress
- ▶ Nurse vs. Paramedic
- ▶ Thinking outside of the box
- ▶ How to lead from the middle
- ▶ Enjoy what you do

History

- ▶ Finding Your Passion...
- ▶ The Natural Progression-is it for you?
 - Involved
 - Projects
 - Leader?
 - Preceptor?

What are you passionate about?

- ▶ 25% of your time is spent at work
- ▶ 25% of your time you sleep
- ▶ How do you spend the rest of your time?

Practical Exercise

- ▶ Calculate your day
- ▶ How many hours of sleep?
- ▶ How many hours work?
- ▶ How many hours other obligations?
- ▶ Total?
- ▶ How many hours for something **YOU** want to do?

Stress

► I feel pretty...youtube

Stress

- ▶ Negative concept that can have an impact on one's physical and/or emotional well being.
- ▶ How does stress affect you?
- ▶ How do you deal with stress?
- ▶ Do you REALLY deal with stress?

Body

headaches
frequent infections
tension muscles
muscular twitches
fatigue
skin irritations
breathlessness

loss of confidence
more fussy
irritability
depression
apathy
alienation
apprehension

Mind

worrying
muddled thinking
impaired judgement
nightmares
indecision
negativity
hasty decisions

accident prone
loss of appetite
loss of sex drive
drinking more
insomnia
restlessness
smoking more

Emotions

Behavior

Stress

Stress

- ▶ I took the step
- ▶ Overcome the stigma that we place
- ▶ Talk: friends, family, counselor

Nurse vs. Paramedic

- ▶ Teach Radford and Jefferson Nursing and Paramedic students
- ▶ Catch them before they are jaded by us
- ▶ Show the differences and similarities



Nurse vs. Paramedic



- ▶ Need a physician order
- ▶ More long term approach
- ▶ Condescending
- ▶ Stable environment

- ▶ Operate under a set of protocols
- ▶ Primary stabilization
- ▶ Cocky
- ▶ Unstable environment

Nurse vs. Paramedic

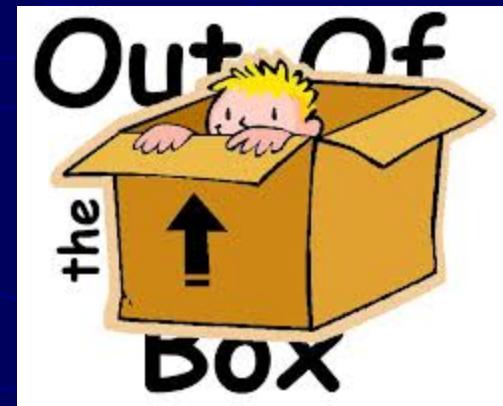
- ▶ What are some ways we can improve
 - Communications?
 - Relationships?
 - Break down the silos that separate the two

Thinking outside of the box

- ▶ Plan for the worst, and hope for the best
- ▶ If it can happen, it will happen
- ▶ Think on your feet
- ▶ Be able to defend your actions
- ▶ Be able to admit when you are wrong

Thinking outside of the box

- ▶ Vent patient. 100% oxygen settings. At that rate, you will run out of O2 with 15 minutes left in your trip.
- ▶ You go to intubate a patient, Laryngoscope batteries are dead.



THERE ARE MANY THINGS IN LIFE
THAT WILL CATCH YOUR EYE,
BUT ONLY A FEW WILL CATCH
YOUR HEART...PURSUE THOSE.

PASSION

Leading from the Middle

- ▶ What is it that you want to accomplish?
- ▶ Earned respect
- ▶ Involved, but able to step back and allow others to shine
- ▶ Don't have to compromise your expectations to be effective

Leading from the middle

- ▶ Be transparent
- ▶ Be truthful to yourself, those above you, and those “below” you.
- ▶ Be dedicated
- ▶ Be available
- ▶ Be not available

Leadership and Management are not the same. Management requires rules. Leadership requires purpose.

Taking care of others is admirable and selfless. Taking care of yourself is required.

To be without passion, is to be without direction.

Find your Direction...



...Find Your Passion