



#YESThisIsNursing



The celebration of our life as a nurse goes on daily but formal recognition is made during National Nursing Week. We honour the birthday of Florence Nightingale and we honour ourselves. It is a time to reflect where we have come from, where we are now and our potential to grow. The nursing skills, knowledge, and scope of practice are ever expanding but what is the core of nursing remain the same. Core nursing values, as described in nursing education, include human dignity, integrity, autonomy, altruism, and social justice. In day-to-day practice, I see these as caring, touch, being there, advocacy, and holistic care -behaviours are we do every day as nurses. During those tough shifts and challenging situations, we are there for each other, families we care for and our colleagues in other disciplines - always have been and always will be.

Regardless of where we go as a profession, however our uniforms or place of work changes, the core values are what we hold close to our professional hearts. As long as they are part of who we are, we will always be proud to call ourselves nurses.



Sincerely,

Sharon Dore, RN PhD

President

Canadian Association of Perinatal and Women's Health Nurses

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Association canadienne des infirmières et infirmiers en périnatalité et en santé des femmes

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