averag purdu global militari student award 54 credit need associ 's 45 credit need bachelor 's commonli search commonli search year nurs express substanti risk workplac stress pandem 70 nurs survey healthynurse® said put health safeti well patient unsurprisingli pandem larg number nurs report feel sad depress focus self-car nurs pay closer attent mental health ’ hope improv situat accord mission set forth healthi nurs healthi nation hnhn —a program american nurs associ ana —the way improv nation ’ health ” one nurs time ” self-car deliber activ engag improv physic mental spiritu well-b import worker everi field especi nurs spend work hour care other self-car reduc stress replenish nurs ’ capac provid compass empathi help improv qualiti care ’ also recommend ana code ethic proper self-car practic nurs becom especi import recent year one survey nurs conduct peak covid-19 80 report suffer mental health effect pandem 60 said physic health affect well post-pandem nurs ’ mental health remain concern “ nurs traumat field work ” say wendi mason phd faculti member school nurs purdu global “ nurs expos pain suffer trauma often traumat even realiz self-car actual respons see code ethic n't care ca n't care other ” articl examin self-car import nurs develop plan self-car nurs manag promot self-car among team member fifth provis american nurs associ ’ code ethic state moral respect nurs extend human be extend well duti includ respons self-car way reduc stress come nurs mason say “ analog use student ‘ think bank account keep spend n't turn around put someth back 're go end seriou deficit ’ lead burnout ” empathi compass critic compon nurs ’ care tax nurs like capac provid suffer