

### Values Statement

First and foremost, I view good medical care as a social science, one that is practiced collaboratively and as a team between clinicians, a patient, and their support community. The values that guide me in pursuit of good medical care are teamwork, humility, curiosity, compassion that drives competency and equity, flexibility, and balance.

I support a patient-centered model of care that includes patients and their community in their care up to the level they can participate. Rather than medicine or care being performed "on" someone, it should be performed "with" them. Returning agency and fulfillment to the patient enhances their quality of life which can drive good outcomes. I believe in staying humble to the scope of nursing expertise and participating in interprofessional collaboration between medical providers, APPs, PT, OT, RT, social work, and activities-based therapies, to individualize care and create a web of support for patients. Respecting other clinicians' disciplines and holding high standards for effective communication amongst the team are ways I try to live out this value.

I value humility as a skill and mindset because it serves to promote the autonomy of patients and contributions of their communities as well as other care providers. Remaining humble to one's own expertise also supports a growth-mindset rather than stagnation or false mastery. It means staying open to feedback and open to improvement. I think too, that humility supports honesty with patients about their prognoses. By staying humble to the limits of our current medical knowledge, we can walk patients through tolerating the uncertainty of injury or illness.

Curiosity also supports continued improvement in a medical landscape characterized by quickly changing protocols and emerging knowledge. It's an antidote to stagnation in a job, and one of the things that draws me to nursing is the constant renewing of standards of care based on new science. There is always something more to learn about the human body and about people within their environment, and I bring this curiosity with me into all situations, knowing that there's always some morsel of knowledge to take with me and apply in other situations.

I think that compassion for our patients is necessary to support the whole person and not just treat their injury or illness as an isolated error to patch up. A strength of the nursing role is the depth of time we get with our patients, which empowers us to identify more complex care issues for someone. Compassion can form the bridge between the lived experience that we bring to our nursing practice, and the diversity of life experiences our patients have had. I see equity-promotion and pursuit of competency as compassion in action. To live out this value means to not just support the emotional experience of our

patients but to ensure they get the best care possible. We demonstrate our compassion by maintaining our skills, updating them according to evidence-based practice changes, and consistently applying them for all patients. We demonstrate this compassion by advocating for patients beyond their hospital room and supporting equitable policies that promote the public's health.

The constantly changing atmosphere of medical practice demands a mindset that adapts and maintains flexibility. Evolving standards of care are a feature and not a bug of the field and should be embraced in service of better outcomes for patients. Hospitals, just like people, are not isolated from impactful societal and environmental events like natural disasters. Health statuses and bed counts vary over the course of a shift. I value flexibility as a shield against complacence, and as a trait which allows ingenuity to shine in response to the emerging situation. I also think it supports team morale to demonstrate openness to change rather than resistance by showing that someone is confident in the face of new demands.

Lastly, I value balance as the foundation on which a sustainable career in nursing rests. Nurses are not immune to the limits on energy and labor any more than someone else, even though their chosen career path is the care of others. While we work to help care for those who cannot care for themselves, we must not neglect that same care for ourselves. This means supporting ourselves in the same way that we would promote the best health for our patients, physically, mentally, and socially. Maintaining a sense of self outside of a nursing career is critical to our long-term life satisfaction and balances highs and lows of the job. Good work-life balance insulates against burnout. I think this also trickles out to the team, when we have the energy to be flexible on shift and lend an extra hand. And we can lead by example with peers to create work cultures where staff are humans first, and clinician is just one part of their identity. On an individual level, I strive to demonstrate this personally and will aim to support it on an institutional level within the workplace.

This statement is in no way exhaustive of the values that could guide an ethical and competent nursing practice. I know I have worked with and will continue to work amongst others who identify with other guiding principles. But in addition to the ANA Code of Ethics, the above values are ones that I return to as motivation for how I'll continue to put my personal ideals into action.