

36th Global Nursing Care & Education Conference

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International Conference on

Clinical Pediatrics and Medicine

August 29-30, 2018 | Boston, USA

Crumbs and bacon: Womaning up and finding the happy healer within

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Healthcare exists in survival mode. The nursing shortage is a factor. The brokenness in healthcare has proven to have no external cure. No one can step into this arena and offer a one-size-fits-all solution. The professional trauma we have learned to carry developed and evolved from a cookie-cutter approach. However, the healing that must happen must happen in a unique and individualistic way. A soulful mending and scarring must take place within the hearts split open by the capitalistic sledgehammer of healthcare. My journey as a registered nurse prompted me to keep a journal that became a memoir that is now a book and the outline of a workshop for healers of all levels of care. This is also for those considering entering or leaving the field of nursing, for nursing students, for the new, the veteran, and the former nurse as well. This book and workshop will encourage the reader and participant to openly discuss the issues that affect us all. Hopefully, discovering the reasons behind behaviors that antagonize our mission as healers. By doing so, healing ourselves, and getting one step closer to solving the nursing shortage that is having such a devastating impact on health care.

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