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To: [Future of Nursing 2030](#)
Subject: Future of Nursing 2030
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Dear committee members,

Thank you for this wonderful opportunity to advance the practice of Nursing through the Future of Nursing 2030 Committee and to the Robert Wood Johnson study. This public forum is the necessary means to capture the profession at large, ensuring that our profession advances in our ever changing world while maintaining the essence of nursing practice upon which our profession was developed.

My thought for the meeting: wellbeing and resiliency of nurses

~ Our world is full of stress both in our professional and personal lives as well as the lives of our patients. The current demands in the role of the bedside nurse are reaching exorbitant levels with the complexity of the multiple chronic conditions of the majority of our patients. Might our nurses who are trained in healthy lifestyles and mindfulness initiatives be role models for patients who are also dealing with a complexity of stressors on a daily basis. Stress is a part of the job and of life; resiliency is part of the solution for nurses and patients.

Again, I appreciate all the committee's efforts in this new mission for our profession!

Catherine

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