Meet Eileen Richardson

Nursing has been part of my life for almost as long as I can remember. The association began in November 1953 when I became a student nurse at the Royal Infirmary of Edinburgh [Scotland]. Nursing continued for me from my teenage years until 2007 when I finally retired. By then I had spent the majority of my career teaching nursing and managing the programmes of a school of nursing. With so many years committed to the profession, it seemed that it was part of my life and therefore might continue beyond retirement.

Thus today, eight years after retirement, I still have several commitments which are nursing related. The most recent and now the most engaging is my role in Phi Mu Chapter, the England chapter of STTI. I have been secretary to the chapter since its inception as an honour society in 2009 and during its transition through chartering to become a chapter in July 2011. My first introduction to STTI came with a visit to the biennial convention in 2001, when I discovered what the organisation stood for and the benefit it could provide for its members. I continue to enjoy my work with the chapter and have seen the increase in our membership and its spread through the country, which has been very rewarding.

STTI has many global organisations and groups forming regional committees. Being part of the Europe Region, I have been a member of the membership involvement group since its inception. I also attended the last biennial convention as a delegate in Indianapolis [Indiana, USA] and look forward to a further opportunity to help represent the chapter at Las Vegas [Nevada, USA] in November this year.

During my last employment in the School of Health and Social Care at Bournemouth University [England], the school became a member of a European organisation called CoHEINER, the Consortium of Health and Rehabilitation Institutes of Higher Education in Europe. This consortium has membership across Europe and provides a forum for many international activities. Bournemouth University withdrew its membership in 2012, but as a long-term member I was offered the opportunity to become an honorary member. I felt honoured to be offered this opportunity and have continued to lead a group within the organisation which is committed to developing and teaching intercultural care. Three members of the group developed and ran a three-day workshop with this title for members of the organisation in Bruges [Belgium] and Istanbul [Turkey], and it is anticipated that a further workshop will take place in Barcelona [Spain] next spring.

My last role in the university was as an international co-ordinator, which provided me with opportunities to work with nursing colleagues both in Europe and North America. This left me with many contacts, some of which have continued. One of the last projects incorporated a partnership with Tallinn Health College in Estonia as well as with more than 50 Scandinavian colleges. This link with Tallinn Health College has continued, and I have been asked to attend when they run their international week each year. I have enjoyed supporting them as they have become more assured in their participation in international work.

This involvement with international work is reflected in my third role in retirement, that being vice president of the European Transcultural Nursing Association. Although described as European in recent times, it has become more international, having attracted members from both the U.S. and Australia. My involvement in the previous project led me to join and become an active part of this organisation. This summer the organisation will hold its annual conference in Budapest, the capital of Hungary. Planning for this was possible while I attended the COHEINER conference in Budapest in April.

Lastly I have a great interest and involve-ment in the Retired Nurses National Home, which is situated in Bournemouth. Until the end of March this year I was a trustee, but the home is now part of a larger charity and my role will now continue as a volunteer. The history of the home is fascinating, built in 1938 when nurses had to live in the nurses home at the hospital during their working lives and had no property and very little pension when they retired. With the situation for nurses in today’s world being quite different on retirement, the need for the home has to a large extent dissipated; however, there are still around 50 retirees for whom this is home and will be until they die. As a trustee I was involved in many of the decisions about the way the home was run, but for me the greatest interest and pleasure was in getting to know the residents and their stories. This is so important, and a successful application has been made to the UK Heritage Lottery Fund, and we have just been granted £9400 [roughly US $15,000] to record the memories of these nurses and produce a home history which will be temporarily available to the public and then form a permanent display at the home itself. The story of the home and its residents is important to conserve, and plans are afoot to do so.

While associated with the home, I have also carried out monthly meetings with the residents. Sometimes I have simply shown slides of my travels around the world, but more importantly I have been able to keep them up to date with changes in nursing and health care in England. They are very keen to debate such issues as they emerge. My connection with the home has also made it possible for the residents to raise with nurses at the university, particularly to present today’s students with evidence of the historical nature of the profession.

These activities enable me to keep up to date with developments in the profession and have given me the opportunity to develop working relationships with faculty both in Europe and the U.S. I feel privileged to have been given these opportunities, and hope I have used them well.

Submitted by Eileen Richardson

Welcome

Welcome to the June 2015 issue of Always a Nurse! This issue shares news from the Honor Society of Nursing, Sigma Theta Tau International (STTI), information from other STTI members, and much more!

View past issues of Always a Nurse online at www.nursingsociety.org/Membership; click on ‘Always a Nurse.’ Your feedback is valuable to us! Please email suggestions or questions to alwaysanurse@stt.org or call us at 888.634.7575 (U.S. and Canada toll-free) or +1.317.634.8171 (International).

Inside the Society

Mark Your Calendar

» 2015 International Nurse Researcher Hall of Fame Inductees named
» Getting a spike. You need one to survive and thrive!
» Meet Eileen Richardson

In This Issue

» 2015 International Nurse Researcher Hall of Fame Inductees named
» Getting a spike. You need one to survive and thrive!
» Meet Eileen Richardson

JUNE 2015

ALWAYS A NURSE Newsletter

Sigma Theta Tau International Honor Society of Nursing

550 W. Northfield, Indianapolis, IN 46202 USA 888.634.7575 (U.S. and Canada toll-free) +1.317.634.8171 (International) memberservices@stti.org www.nursingsociety.org/membership

Welcome

Welcome to the June 2015 issue of Always a Nurse! This issue shares news from the Honor Society of Nursing, Sigma Theta Tau International (STTI), information from other STTI members, and much more!

View past issues of Always a Nurse online at www.nursingsociety.org/Membership; click on ‘Always a Nurse.’ Your feedback is valuable to us! Please email suggestions or questions to alwaysanurse@stt.org or call us at 888.634.7575 (U.S. and Canada toll-free) or +1.317.634.8171 (International).

Inside the Society

Mark Your Calendar

» 2015 International Nurse Researcher Hall of Fame Inductees named
» Getting a spike. You need one to survive and thrive!
» Meet Eileen Richardson

In This Issue

» 2015 International Nurse Researcher Hall of Fame Inductees named
» Getting a spike. You need one to survive and thrive!
» Meet Eileen Richardson

JUNE 2015

ALWAYS A NURSE Newsletter

Sigma Theta Tau International Honor Society of Nursing

550 W. Northfield, Indianapolis, IN 46202 USA 888.634.7575 (U.S. and Canada toll-free) +1.317.634.8171 (International) memberservices@stti.org www.nursingsociety.org/membership
“Their insight, expertise, and integrity have greatly impacted the profession and improved the lives of the patients they serve.”

— Kassie Stovell
Wiley Publishing Manager for Nursing

2015 INTERNATIONAL NURSE RESEARCHER HALL OF FAME INDUCTEES NAMED

Wiley recognizes the contributions of these 19 inductees for their outstanding research, leadership, and efforts in advancing health around the world. Their insight, expertise, and integrity have greatly impacted the profession and improved the lives of the patients they serve.

STTI’s annual international nursing research congress attracts nearly 1,000 nurse researchers, students, clinicians, and leaders, who learn from evidence-based research presentations. The theme for the 26th congress, Engage Regionally, Apply Globally, was to view evidence as a centerpiece for the future. To view this session, visit http://congress.nursingsociety.org.

This article was published in Reflections on Nursing Leadership (RNLS), STTI’s e-magazine. Read more about the congress and the Hall of Fame induction and meet the inductees of Reflections on Nursing Leadership organization.

“Have you ever felt used, abused, taken advantage of, insecure? Chances are we have all felt that way at one time or another, especially in childhood. In my own life, I have felt very alone — if any — self-esteem, and yes, I was abused as a child, and now I feel the same way. I gravitated to people similar to me. One of my first boyfriends was a wonderful guy who would give you the shirt off his back and never ask for a thing in return. And everyone took advantage of his generosity and kind spirit.

Being known as Mr. Good Guy may work for a while, but it certainly cannot last on its own. At some point, even the most generous among us will finally say, “Enough!” Chances are, when that does happen, things have come to more than enough, and we are at our wits’ end and trying to decide how to get on with our lives and assert ourselves.

Think back to your clinical rotations in school. Did you ever fear the supervisor who oversaw your unit? Were you amazed that one — especially you — would even stand up for what was needed at the time? Would you question a physician’s order?

Did you sometimes feel as if schedules were rigid, patient acuity levels, and the workload were too much? Did you just go with the flow and not watch any flags, so the day would pass with peace and you could eventually go home? When you got home, did you feel? Were you wasted, exhausted, emotionally spent? Does any of this sound familiar?

How much of a spine — or backbone — do you have? To answer that question and determine where you stand and what you need to do to get out of your own way, ponder these questions. Respond honestly.

• Is the whole world out to get you? Do you feel渺茫 and groin.

• Are you worried too much about what other people think?

• Do you avoid taking a stand?

• Are you easily distracted from your goals?

• Do you avoid all risks, even small ones?

• Do you control what you will do each day, or do others control you and your behaviors?

If your responses are anything like mine were at one time, it may be a good time to grow that spine, get a life, and move on! There’s no time better than now!

Where to begin? Think assertiveness. If you want to have better self-esteem and get your needs met, you must learn how to do it on your own and give it your best. At the very heart of knowing who you are and what you stand for and then expressing it in your everyday activities and encounters with others.

Assertion is not manipulation. It is a way of looking at life and knowing that you are not alone. You can grow a spine, and when that happens, it is empowering. Once you feel good about yourself, you can go through life — and your workdays — with a healthy sense of pride, dealing with challenges that come your way. Make a commitment to be assertive, and be patient. A spine does not grow overnight. It takes months to develop, to focus the big picture and what is important.

Now that you are feeling good about yourself, or at least better than before, stop apologizing for everything and everyone. I have a beautiful granddaughter — of course, everyone’s granddaughter is beautiful — who, at age 3, has learned to manipulate her two older brothers to her advantage. When she gets her way, she smiles coyly and says, “I’m sorry.”

How often do you find yourself apologizing and saying, “I’m sorry”? Practice standing up for yourself, and trust your voice. This is an empowering process, and it begins with these easy tips:

Communicate effectively

There is a reason we have two ears and one mouth — to listen more and talk less. Good communication mandates that we listen to others and express our feelings appropriately. Begin sentence with “I feel” rather than “you.” Think carefully about why comments and approaches of others sometimes offend you.

Years ago, I participated in a Marriage Encounter weekend aimed at enhancing communication between partners. It took a long time to hear others say, “I feel —.” But I learned to do it, and I improved my ability to share my feelings and thoughts openly. Without avoidance, we engage with each other in a much better place. I have never heard anyone blame to the words of others.

Nonverbal communication is equally important. Check your body language. How you present yourself makes you important. Stand up straight with shoulders back. Relax your arms to communicate openness and confidence.

Make eye contact, and smile.

Relax

Stop and smell the roses. Take a deep breath through the nose and exhale completely. To reduce stress, learn to relax in tense situations. Think meditation, deep muscle relaxation, emotional relief techniques, and more.

Getting a spine

You need one to survive and thrive.

By Sharon M. Weinstein

Be authentic. Know yourself. Use self-discovery to know who you are, what you like, and what you dislike. Discover your authentic self, and then show the world. Speak the truth, and avoid being judgmental of others.

Practice mindfulness

When you are fully present to the world both inside and out — you are being mindful. Mindfulness can change your brain. It helps you help you deal with fear in a more effective manner. When you are mindful, you appreciate life as it is. You are focused on the here and now, and you are present in the moment. Mindfulness reduces worry, fear, sleep deprivation, stress, and an overall sense of well-being.

Be tenacious

The world is filled with doubters who question our motives, our ideas, and our dreams. Some may be family members or co-workers. Tenacity is our ability to persevere, regardless of challenges we face. It is our ability to continue to pursue our dreams, to follow our dream, to do what is right. And we need all of us!

We are all familiar with “Next!” Perhaps it is a tool for a part in a plan, an interview for an incredible position within an academic medical center, or an opportunity to shine as a Magnet coordinator for our local health system. Sometimes, we are overlooked for a position because we are not in the right role. When that happens, don’t give up! Continue to work hard towards the goal.

Yes, we need that spine to survive and thrive. A strong backbone will help us in our work with patients, friends, and in any other areas. It does not grow overnight. It requires commitment, confidence, and concentration, but when it appears, it is the life-changing impact it can have.

This article was published in Reflections on Nursing Leadership (RNLS), STTI’s e-magazine. Read more about the Sharon M. Weinstein at www.reflectionsonnursingleadership.org.
2015 INTERNATIONAL NURSE RESEARCHER HALL OF FAME INDUCTEES NAMED

“Wiley recognizes the contributions of these 19 inductees for their outstanding research, leadership, and efforts in advancing health around the world. Their insight, expertise, and integrity have greatly impacted the profession and improved the lives of the patients they serve.”

— Kassie Stovell
Wiley Publishing Manager for Nursing

STTI’s annual international nursing research congress attracts nearly 10,000 nurse researchers, students, clinicians, and leaders, who learn from evidence-based research presentations. The theme for the 26th congress, “Quality of Life: Engage Regionally, Apply Globally,” to view the congress website for more information, visit http://congress.nursingsociety.org.

This article was published in Reflections on Nursing Leadership (RNL). STTI’s e-Newsletter. Read more about the STTI Nurse Researcher Hall of Fame induction and meet the inductees of the Nurse Researcher Hall of Fame at www.reflections nursingleadership.org.

Always a nurse.

“Their insight, expertise, and integrity have greatly impacted the profession and improved the lives of the patients they serve.”

— Kassie Stovell
Wiley Publishing Manager for Nursing

2015 INTERNATIONAL NURSE RESEARCHER HALL OF FAME INDUCTEES NAMED

“Wiley recognizes the contributions of these 19 inductees for their outstanding research, leadership, and efforts in advancing health around the world. Their insight, expertise, and integrity have greatly impacted the profession and improved the lives of the patients they serve.”

— Kassie Stovell
Wiley Publishing Manager for Nursing

STTI’s annual international nursing research congress attracts nearly 10,000 nurse researchers, students, clinicians, and leaders, who learn from evidence-based research presentations. The theme for the 26th congress, “Quality of Life: Engage Regionally, Apply Globally,” to view the congress website for more information, visit http://congress.nursingsociety.org.

This article was published in Reflections on Nursing Leadership (RNL). STTI’s e-Newsletter. Read more about the STTI Nurse Researcher Hall of Fame induction and meet the inductees of the Nurse Researcher Hall of Fame at www.reflections nursingleadership.org.

Wiley recognizes the contributions of these 19 inductees for their outstanding research, leadership, and efforts in advancing health around the world. Their insight, expertise, and integrity have greatly impacted the profession and improved the lives of the patients they serve.

STTI’s annual international nursing research congress attracts nearly 10,000 nurse researchers, students, clinicians, and leaders, who learn from evidence-based research presentations. The theme for the 26th congress, “Quality of Life: Engage Regionally, Apply Globally.” To view the congress website for more information, visit http://congress.nursingsociety.org.

This article was published in Reflections on Nursing Leadership (RNL). STTI’s e-Newsletter. Read more about the STTI Nurse Researcher Hall of Fame induction and meet the inductees of the Nurse Researcher Hall of Fame at www.reflections nursingleadership.org.

Wiley recognizes the contributions of these 19 inductees for their outstanding research, leadership, and efforts in advancing health around the world. Their insight, expertise, and integrity have greatly impacted the profession and improved the lives of the patients they serve.

STTI’s annual international nursing research congress attracts nearly 10,000 nurse researchers, students, clinicians, and leaders, who learn from evidence-based research presentations. The theme for the 26th congress, “Quality of Life: Engage Regionally, Apply Globally.” To view the congress website for more information, visit http://congress.nursingsociety.org.

This article was published in Reflections on Nursing Leadership (RNL). STTI’s e-Newsletter. Read more about the STTI Nurse Researcher Hall of Fame induction and meet the inductees of the Nurse Researcher Hall of Fame at www.reflections nursingleadership.org.

By Sharon M. Weinstein

Now that you’re feeling good about yourself, or at least better than before, stop apologizing for everything and everyone. I have a beautiful granddaughter — of course, everyone’s granddaughter is beautiful — who, at age 3, has learned to manipulate her two older brothers to her advantage. Whatever gets her way, she smiles coyly and says, “I’m sorry.”

How often do you find yourself apologizing and saying, “I’m sorry”? Practice standing up for yourself, and trust your voice. This is an easy process, and it begins with these easy tips:

Communicate effectively

There is a reason we have two ears and one mouth — to listen more, talk less. Good communication mandates that we listen to others and express our feelings appropriately. Begin sentence with “I rather than ‘you.’” Carefully consider why comments and approaches of others sometimes offend you.

Years ago, I participated in a Marriage Encounter weekend aimed at enhancing communication between partners. It took a long time to learn to say “I feel...” But I learned to do it, and I improved my ability to share my feelings and thoughts openly. Without avoiding blame, we are able to understand others more fully and hence better able to accept the words of others.

Nonverbal communication is equally important. Check your body language. How you present yourself says something about you. Stand up straight with shoulders back. Relax your arms to communicate openness and confidence. Make eye contact, and smile.

Relax

Stop and smell the roses. Take a deep breath through the nose, and exhale completely. To reduce stress, learn to relax in tense situations. Think meditation, deep muscle relaxation, emotional relief techniques, and more.

Be authentic

Know thyself. Use self-discovery to know who you are, what you like, and what you dislike. Discover your authentic self, and then show the world. Speak the truth, and avoid being judgmental of others.

Practice mindfulness

When you are fully present to the world both inside and out — you are being mindful. Mindfulness can change your brain and help you deal with fear in a more effective manner. When you are mindful, you appreciate life as it is, instead of how you’d like it to be. When you’re focused on the here and now, and you are present in the moment. Mindfulness reduces worry, anxiety, stress, and depression, and an overall sense of well-being.

Be tenacious

The world is filled with doubters who question our abilities, our ideas, and our dreams. Some may be family members or co-workers. Tenacity is your ability to persevere, regardless of challenges you face. It is our ability to continue to pursue our dreams, to follow our heart, to do what is right. And we need it all.

We are all familiar with “Next!” Perhaps it is a toss-up for a part in a play, an interview for a prestigious job, an interview for admission to a graduate program, or a position you really want. At this time, don’t give up! Continue to think positively.

We need to be realistic. Certain situations will lead to defeat. Try to be realistic.

Now that you’re feeling good about yourself, or at least better than before, stop apologizing for everything and everyone. I have a beautiful granddaughter — of course, everyone’s granddaughter is beautiful — who, at age 3, has learned to manipulate her two older brothers to her advantage. Whatever gets her way, she smiles coyly and says, “I’m sorry.”

How often do you find yourself apologizing and saying, “I’m sorry”? Practice standing up for yourself, and trust your voice. This is an easy process, and it begins with these easy tips:

Communicate effectively

There is a reason we have two ears and one mouth — to listen more, talk less. Good communication mandates that we listen to others and express our feelings appropriately. Begin sentence with “I rather than ‘you.’” Carefully consider why comments and approaches of others sometimes offend you.

Years ago, I participated in a Marriage Encounter weekend aimed at enhancing communication between partners. It took a long time to learn to say “I feel...” But I learned to do it, and I improved my ability to share my feelings and thoughts openly. Without avoiding blame, we are able to understand others more fully and hence better able to accept the words of others.

Nonverbal communication is equally important. Check your body language. How you present yourself says something about you. Stand up straight with shoulders back. Relax your arms to communicate openness and confidence. Make eye contact, and smile.

Relax

Stop and smell the roses. Take a deep breath through the nose, and exhale completely. To reduce stress, learn to relax in tense situations. Think meditation, deep muscle relaxation, emotional relief techniques, and more.

Be authentic

Know thyself. Use self-discovery to know who you are, what you like, and what you dislike. Discover your authentic self, and then show the world. Speak the truth, and avoid being judgmental of others.

Practice mindfulness

When you are fully present to the world both inside and out — you are being mindful. Mindfulness can change your brain and help you deal with fear in a more effective manner. When you are mindful, you appreciate life as it is, instead of how you’d like it to be. When you’re focused on the here and now, and you are present in the moment. Mindfulness reduces worry, anxiety, stress, and depression, and an overall sense of well-being.

Be tenacious

The world is filled with doubters who question our abilities, our ideas, and our dreams. Some may be family members or co-workers. Tenacity is your ability to persevere, regardless of challenges you face. It is our ability to continue to pursue our dreams, to follow our heart, to do what is right. And we need it all.

We are all familiar with “Next!” Perhaps it is a toss-up for a part in a play, an interview for a prestigious job, an interview for admission to a graduate program, or a position you really want. At this time, don’t give up! Continue to think positively.

We need to be realistic. Certain situations will lead to defeat. Try to be realistic.
STTI’s awards enable Henderson honorees’ research to improve the lives of patients they serve.

— Kassie Stovell
Wiley Publishing Manager for Nursing

“Wiley recognizes the contributions of these 19 inductees for their outstanding research, leadership, and efforts in advancing health around the world. Their insight, expertise, and integrity have greatly impacted the profession and improved the lives of the patients they serve.”

STTI’s annual international nursing research congress attracts nearly 1,000 nurses researchers, students, clinicians, and leaders, who learn from evidence-based research presentations. The theme for the 26th congress, Engage Regionally, Apply Globally, was to view each other as a global force for the betterment of humanity. To view the full proceedings, visit http://congress.nursingsociety.org.

This article was published in Reflections on Nursing Leadership (RNL): STTI’s e-magazine. Read more about STTI’s 2015 Nurse Researcher Hall of Fame inductees at www.reflectionsonnursingleadership.org.
Meet Eileen Richardson

Nursing has been part of my life for almost as long as I can remember. The association began in November 1955 when I became a student nurse at the Royal Infirmary of Edinburgh [Scotland]. Nursing continued for me from my teenage years until 2007 when I finally retired. By then I had spent the majority of my career teaching nursing and managing the programmes of a school of nursing. With so many years committed to the profession, it seemed that it was part of my life and therefore might continue beyond retirement.

Thus today, eight years after retirement, I still have several commitments which are nursing related. The most recent and now the most engaging is my role in Phi Mu Chapter, the England chapter of STTI. I have been secretary to the chapter since its inception as an honour society in 2009 and during its transition through chartering to become a chapter in July 2011. My first introduction to STTI came with a visit to the biennial convention in 2001, when I discovered what the organisation stood for and the benefit it could provide for its members. I continue to enjoy my work with the chapter and have seen the increase in our membership and its spread throughout the country, which has been very rewarding.

STTI has many global organisations and groups forming regional committees. Being part of the Europe Region, I have been a member of the membership involvement group since its inception. I also attended the last biennial convention as a delegate in Indianapolis [Indiana, USA] and look forward to a further opportunity to help represent the chapter at Las Vegas (Nevada, USA) in November this year.

During my last employment in the School of Health and Social Care at Bournemouth University [England], the school became a member of a European organisation called COHEHRE, the Consortium of Health and Rehabilitation Institutes of Higher Education in Europe. This consortium has membership across Europe and provides a forum for many international activities. Bournemouth University withdrew its membership in 2012, but as a long-term member I was offered the opportunity to become a honorary member. I felt honoured to be offered this opportunity and have continued to lead a group within the organisation which is committed to developing and teaching intercultural care. Three members of the group developed and ran a three-day workshop with this title for members of the organisation in Bruges [Belgium] and Istanbul [Turkey], and it is anticipated that a further workshop will take place in Barcelona [Spain] next spring.

My last role in the university was as an international co-ordinator, which provided me with opportunities to work with nursing colleagues both in Europe and North America. This left me with many contacts, some of which have continued. One of the last projects incorporated a partnership with Tallinn Health College in Estonia as well as several Scandinavian colleges. This link with Tallinn Health College has continued, and I have been asked to attend when they run their international week each year. I have enjoyed supporting them as they have become more assured in their participation in international work.

This involvement with international work is reflected in my third role in retirement, that being vice president of the European Transcultural Nursing Association. Although described as European in recent times, it has become more international, having attracted members from both the U.S. and Australia. My involvement in the previous project led me to join and become an active part of this organisation. This summer the organisation will hold its annual conference in Budapest, the capital of Hungary. Planning for this was possible while I attended the COHEHRE conference in Istanbul in April.

Lastly I have a great interest and involvement in the Retired Nurses National Home, which is situated in Bournemouth. Until the end of March this year I was a trustee, but the home is now part of a larger charity and my role will now continue as a volunteer. The history of the home is fascinating, built in 1938 when nurses had to live in the nurses home at the hospital during their working lives and had no property and very little pension when they retired. With the situation for nurses in today’s world being quite different on retirement, the need for the home has to a large extent dissipated; however, there are still around 50 retirees for whom this is home and will be until they die. As a trustee, I was involved in many of the decisions about the way the home was run, but for me the greatest interest and pleasure was in getting to know the residents and their stories. This is so important, and a successful application has been made to the UK Heritage Lottery Fund, and we have just been granted £9400 [roughly US $15,000] to record the memories of these nurses and nursing memories which will be temporarily available to the public and then form a permanent display at the home itself. The story of the home and its residents is important to conserve, and plans are afoot to do so.

While associated with the home, I have also carried out monthly meetings with the residents. Sometimes I have simply shown slides of my travels around the world, but more importantly I have been able to keep them up to date with changes in nursing and health care in England. They are very keen to debate such issues as they emerge. My connection with the home has also made it possible for the residents to raise with nurses at the university, particularly to present today’s students with evidence of the historical nature of the profession. These activities enable me to keep up to date with developments in the profession and have given me the opportunity to develop working relationships with faculty both in Europe and the U.S. I felt privileged to have been given these opportunities, and hope I have used them well.

Submitted by Eileen Richardson
Meet Eileen Richardson

Nursing has been part of my life for almost as long as I can remember. The association began in November 1953 when I became a student nurse at the Royal Infirmary of Edinburgh [Scotland]. Nursing continued for me from my teenage years until 2007 when I finally retired. By then I had spent the majority of my career teaching nursing and managing the programmes of a school of nursing. With so many years committed to the profession, it seemed that it was part of my life and therefore might continue beyond retirement.

Thus today, eight years after retirement, I still have several commitments which are nursing related. The most recent and now the most engaging is my role in Pt. Mu Chapter, the England chapter of STTI. I have been secretary to the chapter since its inception as an honour society in 2009 and during its transition through chartering to become a chapter in July 2011. My first introduction to STTI came with a visit to the biennial convention in 2001, when I discovered what the organisation stood for and the benefit it could provide for its members. I continue to enjoy my work with the chapter and have seen the increase in our membership and its spread through the country, which has been rewarding.

STTI has many global organisations and groups forming regional committees. Being part of the Europe Region, I have been a member of the membership involvement group since its inception. I also attended the last biennial convention as a delegate in Indianapolis [Indiana, USA] and look forward to a further opportunity to help represent the chapter at Las Vegas [Nevada, USA] in November this year.

During my last employment in the School of Health and Social Care at Bournemouth University [England], the school became a member of a European organisation called COHEHRE; this stands for the Consortium of Health and Rehabilitation Institutes of Higher Education in Europe. This consortium has membership across Europe and provides a forum for many international activities. Bournemouth University withdrew its membership in 2012, but as a long-term member I was offered the opportunity to become an honorary member. I felt honoured to be offered this opportunity and have continued to lead a group within the organisation which is committed to developing and teaching intercultural care. Three members of the group developed and ran a three-day workshop with this title for members of the organisation in Bruges [Belgium] and Istanbul [Turkey], and it is anticipated that a further workshop will take place in Barcelona [Spain] next spring.

My last role in the university was as an international co-ordinator, which provided me with opportunities to work with nursing colleagues both in Europe and North America. This left me with many contacts, some of which have continued. One of the last projects incorporated a partnership with Tallinn Health College in Estonia as well as several Scandinavian colleges. This link with Tallinn Health College has continued, and I have been asked to attend when they run their international week each year. I have enjoyed supporting them as they have become more assured in their participation in international work.

This involvement with international work is reflected in my third role in retirement, that being vice president of the European Transcultural Nursing Association. Although described as European in recent times, it has become more international, having attracted members from both the U.S. and Australia. My involvement in the previous project led me to join and become an active part of this organisation. This summer the organisation will hold its annual conference in Budapest, the capital of Hungary. Planning for this was possible while I attended the COHEHRE conference in Budapest in April.

Lastly I have a great interest and involvement in the Retired Nurses National Home, which is situated in Bournemouth. Until the end of March this year I was a trustee, but the home is now part of a larger charity and my role will now continue as a volunteer. The history of the home is fascinating, built in 1938 when nurses had to live in the nurses home at the hospital during their working lives and had no property and very little pension when they retired. With the situation for nurses in today’s world being quite different on retirement, the need for the home has to a large extent dissipated; however, there are still around 50 residents for whom this is home and will be until they die. As a trustee, I was involved in many of the decisions about the way the home was run, but for me the greatest interest and pleasure was in getting to know the residents and their stories. This is so important, and a successful application has been made to the UK Heritage Lottery Fund, and we have just been granted £9400 [roughly US $15,000] to record the memories of these nurses and to produce a memory book which will be temporarily available to the public and then form a permanent display at the home itself. The story of the home and its residents is important to conserve, and plans are afoot to so do.

While associated with the home, I have also carried out monthly meetings with the residents. Sometimes I have simply shown slides of my travels around the world, but more importantly I have been able to keep them up to date with changes in nursing and health care in England. They are very keen to debate such issues as they emerge. My connection with the home has also made it possible for the residents to liaise with nurses at the university, particularly to present today’s students with evidence of the historical nature of the profession.

These activities enable me to keep up to date with developments in the profession and have given me the opportunity to develop working relationships with faculty both in Europe and the U.S. I feel privileged to have been given these opportunities, and hope I have used them well.

Submitted by Eileen Richardson

ALWAYS A NURSE

Welcome

Welcome to the June 2015 issue of Always a Nurse! This issue shares news from the Honor Society of Nursing, Sigma Theta Tau International (STTI), information from other STTI members, and much more!

View past issues of Always a Nurse online at www.nursingsociety.org/Membership; click on ‘Always a Nurse.’ Your feedback is valuable to us! Please email suggestions or questions to alwaysanurse@stti.org or call us at 888.634.7575 [U.S./Canada toll-free] or +1.317.634.8171 [International].

In This Issue
- 2015 International Nurse Researcher Hall of Fame Inductees named
- Getting a spine. You need one to survive and thrive!
- Meet Eileen Richardson

Inside the Society
Mark Your Calendar
- 26th International Nursing Research Congress
  23-27 July 2015
  Puerto Rico Convention Center
  San Juan, Puerto Rico
  congress.nursingsociety.org
- 43rd Biennial Convention
  7-11 November 2015
  Aria Resort & Casino
  Las Vegas, Nevada, USA
  convention.nursingsociety.org

JUNE 2015