

## PRESIDENT'S MESSAGE



# Leading with the Power of Why: A Message to Nurses

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Nursing...it's more than just a job or career—it's a calling. Everyday nurses face challenges, long hours, and complex issues can sometimes seem overwhelming. With each encounter, we are positioned to ask the one-word question that, when asked often enough, leads to the origin of an issue, diagnosis, root cause or purpose. It is a question that demands an answer. The question is...WHY?

In recent years, nurses have encountered unprecedented instances that have had the propensity to shake the profession at its core. Why? is the enduring question that empowers us to press forward. Why has an outcome occurred? Why hasn't an intervention worked? Why are we giving this medication? Why is this procedure necessary? In patient care, such questioning leads nurses to stick to the plan of care or to advocate for adjust-

ments, strategically charting the course toward patient-focused, solution-based care. The strategy propels nurses to recognize the small, often overlooked needs or subtle changes that can make a world of difference in a patient's experience.

From nursing research and evidence-based practice to legislative advocacy, Why? is powerful query that informs and advances nursing practice. Why does a phenomenon occur? Why is this best practice? Why do nurses need safe work environments? Why is full practice authority for Advanced Practice Nurses needed? It is an influential question that galvanizes change, empowers learning from past, and shapes the future of nursing practice.

Then, there are times when Why? leads to less glimmering perspectives, that expose obstacles faced by nurses. Why isn't there more help? Why are some leaving?

Why are others staying? Why are we facing unexpected challenges? Why did I choose nursing? When feeling fatigued or questioning your path, reflect on the lives you have touched and the difference you have made. Think about the smile you brought to a patient's face, the calm you provided, the healing you helped facilitate, the policy you helped to create, or even the student or colleague that you encouraged. Each small act of kindness, each patient interaction, each innovation, is part of the bigger picture—the difference you're making in the world. Continue to reach within to the core of your resilience. Reconnect with your purpose. Remember that your work and worth are vital. Continue to show up, offering expertise, hope, and compassionate care. Lead with a resounding — WHY? ■

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