RESILIENCY IN THE NURSING CLASSROOM: EXPERIENCES AND CHALLENGES OF FACULTY IMPLEMENTATION OF TEACHING PRACTICES TO SUPPORT THE WHOLE STUDENT

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Teaching and Learning Lab: MIT 2-24-2021
Adverse Childhood Events, Nursing Burnout, and Resilience

* Self-care pedagogy in Nursing
* Resiliency thinking
* Faculty/Student focus groups
* Regional Community of practice
APPLYING THE GUIDEBOOK IN MY TEACHING PRACTICE

- Mindfulness
- Fostering connectivity
  - Student/Student
  - Faculty/Student
  - Faculty/Faculty
- What I have learned through students and course evaluations
NURSE EDUCATOR COMMUNITY OF PRACTICE

Vision: changing ourselves, transforming practice

Mission: Increase awareness, education, and structural change in Nursing and Healthcare Leadership programs in Washington through trauma informed systems; trauma informed clinical education; and transforming nursing culture to break the chain of trauma
NEXT STEPS

❖ Dissemination & training
❖ Action Inquiry into Trauma informed practices
❖ Roundtable: “Why are we still eating our young?”
❖ System change
❖ Accreditation/state regulations
❖ School/program goals
ANTI-RACIST AND ANTI-COLONIALIST ORIENTATIONS REQUIRE REFLEXIVITY

“I just listened to a podcast the other day by a Black artist who said he is sick of hearing White people talk about this notion self-care, especially in this moment. I really appreciate what he said. I just have never been privileged enough to think about self-care like many of you. Perhaps we could decenter the notion of the self, as life, especially in this moment, is or should be about communal-care, soul-care, and spirit-care.” (Endo, 2020)

DIFFUSION OF INNOVATIONS

Diagram showing the diffusion of innovation over time with different adopts categories, including innovators, early adopters, early majority, late majority, and laggards. The critical mass is also highlighted on the curve.