

**THE BEDSIDE NURSE
AS A LEADER**

Dispelling Myths and Building
Confidence
Becky Moburg, RN, MSN, NE-BC

REFRAMING YOUR THINKING #1:



REFRAMING YOUR THINKING #2:



REFRAMING YOUR THINKING #3:



REFRAMING YOUR THINKING #4:



OBJECTIVES:

- Define common myths about leaders and leadership
- Verbalize strategies participants can use to employ leadership strategies at the bedside

Bonus Objective: 0800 coffee, amusement and networking with fellow critical care nurses and one overly-exuberant presenter who is a painfully spirited morning person.



DINNER TABLE DEFINITIONS:

- What is a leader?
 - Emma (13yo)- "Someone who sets an example."
 - Kenton (10yo)- "Someone who motivates people."
 - Chartie (9yo)-"Someone who stands up for people."
 - Cooper (7yo)-"Someone who sets an example for other people to follow."
 - Jason (Undisclosed)-"Johnny Gomes"



MYTHS ABOUT LEADERS AND LEADERSHIP:

- Myth #1-One must possess a certain title or position to be a leader
 - Leaders come in a variety of shapes, sizes, ages, positions and backgrounds
 - Position or "rank" does not define one's ability to lead
 - Duration of one's career does not define one's ability to lead
 - Leadership doesn't exclusively apply to people in the same roles



MYTHS ABOUT LEADERS AND LEADERSHIP:

- Myth #2: People who are successful/entrepreneurs/powerful are leaders
 - The best leaders are the ones standing beside the members of their team
 - The best leaders push their team toward a common mission and goal
 - Leaders don't have to be in the spotlight



INFLUENCE OF NURSING

“The trained nurse has become one of the great blessings of humanity, taking a place beside the physician and the priest.”

-William Oster



MYTHS ABOUT LEADERS AND LEADERSHIP:

- ◉ Myth #3: Not all nurses are leaders
 - ◉ All nurses have the potential to be leaders to and for:
 - Each other
 - Patients
 - Family Members
 - Physicians
 - Hospital/Clinic/Healthcare Leadership
 - Ancillary Team Members
 - The community



CHARACTERISTICS OF A LEADER:

- ◉ Authentic
- ◉ Honest
- ◉ ~~Good~~ Great Communicator
- ◉ Willing to delegate or ask for help
- ◉ Positive
- ◉ Confident
- ◉ Committed
- ◉ Creative
- ◉ Dedicated to their team



CAPITALIZING ON OUR STRENGTHS:

- Words often used to describe nurses:
 - (Crowd Participation)
 - Are these unlike the characteristics of leaders we already reviewed?
 - Nurses are *ideal* leaders-both at the bedside, within organizations and in the community.



WOMEN AS LEADERS:

- Roughly 90% of the workforce in nursing is comprised of females
- Transformational leadership emphasizes empowerment and collaboration - traits *traditionally* associated with women
- When rating their own effectiveness, male leaders tend to rate their abilities higher than their female counterparts



GENERATIONAL CONSIDERATIONS:

- Differences are **not** a bad thing
- Traditionalists, Boomers, Gen X, Gen Y, Millennials...



INFLUENCING CHANGE:

- Be “Friendly and Flexible...” Open to new ideas and thoughts
- Get certified!
- Be cognizant about what you post on social media sites-people know you’re a nurse!
- Capitalize-Nursing is one of the most highly respected professions in the country/world.
- Volunteer!



CLOSING THOUGHTS:

- Nurses are Role Models/Preceptors/Students
- There is room for everyone as a leader in one capacity or another. Long gone are the days of eating our young
- Too much at stake-leadership must be encouraged
- The value of empathy cannot be overstated




