Life Lessons Learned from a Career in Nursing
Kathleen Shannon Dorey, PhD, RN, FAAN
Ruth McCorkle Lecture
PSONS March 2019

Thanks
- Angela Knox, BSN, MN, RN, OCN
- Sydne Mead-Smith, BSN, RN, OCN
- All of the PSONS leadership and members

Objectives
- Discuss Dr. Ruth McCorkle commitment to nurse innovation
- Identify standards of oncology nursing professionalism
- Articulate self awareness as an intrinsic value to professional growth
- Integrate community into building professional oncology practice

Thanks to PSONS
Thank you to Michael, Alex and Jennie
Thank you to Dominican Sisters
Ruth McCorkle, PhD, FAAN

A pioneer in oncology nursing, Ruth McCorkle – retired June, 2018 – named the first Florence Schorske Wald Professor at the Yale School of Nursing (YSN). Dr. McCorkle was one of the founding members of our PSONS Chapter in 1978.

Dr. McCorkle Bio

- BSN at the University of Maryland
- Masters medical-surgical nursing from the University of Iowa
- Doctorate, in mass communications at the University of Iowa’s School of Journalism
- Taught at University of Pennsylvania, University of Washington, University of Iowa and Yale
- Awards: IOM, International Nurse Researcher in STTI, Distinguished Researcher ONS, Outstanding Nurse Scientist ANA, CANS
- McCorkle’s interest is in cancer and palliative care studied at St. Christopher’s Hospice in London

Our Guides

Today

"You have brains in your head. You have feet in your shoes. You can steer yourself any direction you choose." — Dr. Seuss, Oh, The Places You’ll Go!

Vocation

"So be sure when you step, Step with care and great tact. And remember that life’s A Great Balancing Act. “Just never forget to be dexterous and deft. And never mix up your right foot with your left." — Dr. Seuss, Oh, The Places You’ll Go!

"Vulnerability is the birth place for innovation, creativity and change." — Brené Brown
Courage to be Successful

- "Understanding the difference between healthy striving and perfectionism is critical to laying down the shield and picking up your life. Research shows that perfectionism hampers success. In fact, it’s often the path to depression, anxiety, addiction, and life paralysis." — Brene Brown

"So...be your name Buxbaum or Bixby or Bray or Mordecai Ali Van Allen O'Shea, you're off to Great Places. Today is your day.”
— Dr. Seuss, Oh, The Places You'll Go!

Oncology Nurses

“We are the researchers who describe phenomena that clarify the patient experience and shine a spotlight on interventions that make a difference, however small or large. We are the educators and explainers of complex concepts made simpler and more understandable in the crisis of diagnosis. For so many of our patients, nurses are the light in the middle of a dark night when fears and uncertainty threaten the confidence of the daylight hours.”
— Anne Katz, PhD

Oncology Nursing

“Staying vulnerable is a risk we have to take if we want to experience connection.”
— Brene Brown, The Gifts of Imperfection: Let Go of Who You Think You're Supposed to Be and Embrace Who You Are

ONS Statement of Mission of Oncology Care

“Our mission is to promote excellence in oncology nursing and quality cancer care. Our vision is to lead the transformation of cancer care. Our core values are Integrity, Innovation, Stewardship, Advocacy, Excellence, and Inclusiveness.”

Hunger SP, Mullighan CG. N Engl J Med 2015;373:1541-1552


http://www.ons.org/about
Elizabeth Flexer

- Elizabeth Flexer, 57, of Bainbridge Island, completed her life’s journey late in the evening of December 10th, 2014, after having spent her final days bathed in the love of family and friends.
- As one of the pioneering early survivors of Fred Hutchinson Cancer Center bone marrow transplant program in 1975, Elizabeth was determined to transcend her early experience with leukemia and forge ahead, deeply committed to creating a life of purpose that gave meaning to her days and strength to her soul.
- She completed an undergraduate degree in Math and Economics from the University of Puget Sound, followed by an MA and PhD from the University of Iowa where she was awarded a Veterans Administration Doctoral Fellowship in support of her studies in Hospital and Health Administration and Health Services Research.
- She is survived by her parents, Jim and Sue Flexer, of Bellevue, Washington, brother Jay and wife Joann Flexer of Spokane, brother Steve and wife Janet Flexer of Gig Harbor, and sister Kate Flexer and her husband Jim Hinch, of New York City, her cats Mack and Ozzma, and many dear friends both locally and across the country.

Carpe Diem

- “You will come to a place where the streets are not marked. Some windows are lighted, but mostly they’re darkened… A place you could sprain both your elbow and chin! Do you dare to stay out? Do you dare to go in? How much can you lose? How much can you win?”
- — Dr. Seuss, Oh, The Places You’ll Go!

Laminar Air Flow Rooms

Jon Bon Jovi

Value of Self Reflection

“I’m sorry to say so but, sadly, it’s true that Bang-ups and Hang-ups can happen to you.”
— Dr. Seuss, Oh, The Places You’ll Go
Living on a Prayer

I'm afraid that some times
you'll play lonely games too.
Games you can't win
'cause you'll play against you.
All alone!
Whether you like it or not,
Alone will be something
you'll be quite a lot.
— Dr. Seuss, Oh, The Places You'll Go!

"You can get so confused
that you'll start in to race
down long wiggled roads at a breakneck pace and grind on for miles
across weirdish wild space,
headed, I fear, toward a most useless place.
The Waiting Place..."
— Dr. Seuss, Oh, The Places You'll Go!

"And when you're alone, there's a very good chance
you'll meet things
that scare you right out of your pants.
There are some,
down the road
between hither and yon,
that can scare
you so much you
won't want to go on..."
— Dr. Seuss, The Places You'll Go

To Risk Without Guarantees

• “To love someone fiercely, to believe in something with your whole heart, to celebrate a fleeting moment in time, to fully engage in a life that doesn’t come with guarantees – these are risks that involve vulnerability and often pain. …leaning into the discomfort of vulnerability teaches us how to live with joy, gratitude and grace.”
  — Brené Brown, The Gifts of Imperfection: Let Go of Who You Think You’re Supposed to Be and Embrace Who You Are

Communitas

PRACITCING HOPE IN A QUATERNARY RESEARCH CENTER: WORK IN PROGRESS

Language | Word | Meaning
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The University of...
“Onward up many a frightening creek, though your arms may get sore and your sneakers may leak. Oh! The places you’ll go!”
— Dr. Seuss, Oh, The Places You’ll Go!

“Owning our story can be hard but not nearly as difficult as spending our lives running from it. Embracing our vulnerabilities is risky but not nearly as dangerous as giving up on love and belonging and joy—the experiences that make us the most vulnerable.”
Brené Brown

“Study of Hope

- “The dark does not destroy the light; it defines it. It’s our fear of the dark that casts our joy into the shadows.”
  — Brené Brown, The Gifts of Imperfection: Let Go of Who You Think You’re Supposed to Be and Embrace Who You Are

“Study of Hope

- "You’ll get mixed up, of course, as you already know. You’ll get mixed up with many strange birds as you go. So be sure when you step.”
  — Dr. Seuss, Oh, The Places You’ll Go!”

— Dr. Seuss, Oh, The Places You’ll Go!”
Fame! You’ll be as famous as famous can be, with the whole wide world watching you win on TV. Except when they don’t. Because, sometime they won’t.

Dr. Seuss, *Oh, The Places You’ll Go!*

“Authenticity is a collection of choices that we have to make every day. It’s about the choice to show up and be real. The choice to be honest. The choice to let our true selves be seen.”

— Brené Brown, *The Gifts of Imperfection: Let Go of Who You Think You’re Supposed to Be and Embrace Who You Are*

Methods:

In a tertiary care medical centre, a sample of 89 neonatal ICU (NICU) healthcare professionals registered for the online intervention. Of these, 32 individuals eventually participated fully in the 14-day online Three Good Things intervention survey. Daily emails reminded participants to reflect on and respond to the questions: “What are the three things that went well today?” and “What was your role in bringing them about?” To analyse their responses, we applied a thematic analysis, which was guided by our theoretical understanding of resilience.

“Three Good Things responses led to the identification of three main themes:
1. having a good day at work;
2. having supportive relationships;
3. making meaningful use of self-determined time.”


“This study highlights the importance of supportive relationships, open communication and common activities that foster positive emotions. Making meaningful use of personal time is a prevalent theme, although limited numbers of healthcare professionals appear to focus on maintaining a healthy work–life balance... Interventions are needed to increase healthcare professionals’ awareness of the importance of self-care for building resilience.”

"You're off to great places!
Today is your day!
Your mountain is waiting.
So... get on your way!"
—Dr. Seuss, Oh, The Places You'll Go!

References

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