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Mentoring: Nurturing leadership in nursing practice

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Mentoring and leadership has been described in the literature as human-becoming incarnating and committing to our protégé with enthusiasm and to use impelling, gentle urging. Mentoring is an enduring human relationship that is essential for both personal and professional growth for anyone. Studies have found that dedicated mentors engaged in supporting and enhancing the work environment for RNs. The partnership enhanced mutual respect between frontline RNs and managers, and administration and improved the mentoring and supportive culture. The evidence correlates mentoring with the promotion of talent, achievement, leadership, and knowledge and skill development in nursing. Every nurse requires the invested interest and involvement of others to fully develop talent, to imagine our future possibilities and contribute to healthcare. The overall aim of this presentation is to educate colleagues about mentorship and how it relates to nursing practice, nurses in all areas of practice can benefit from a skillful mentor in a setting where their involvement might not be intuitive. This study also aims to: Define the broad concepts relating to mentorship and nursing leadership; recognize the role of the mentor in helping navigate professional practice issues and work-life encounters; describe the role of mentor in the mentor-mentee relationship and identify characteristics of a community of mentorship. This presentation explains the role of mentor in nursing practice with an emphasis on leadership at the point of care. All nurses are leaders in clinical practice, education, research or administration. Nurses are leaders and as such we have an opportunity to mentor others on their journey. This presentation will describe how nurses as leaders and mentors can advance practice and the profession.

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Decreasing blood pressure readings using a patient-centered interprofessional team approach

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High blood pressure is a major modifiable risk factor for stroke. Provision of medical management alone did not improve blood pressures of patients with hypertension in the family practice clinic. This presentation shows how an interprofessional team approach can lead to decreased blood pressure readings. The inter-professional team, led by the advanced practice nurse practitioner, integrated physical, mental, and behavioral health in a patient-centered model of care. Patients with Stage 2 hypertensive blood pressure significantly reduced their blood pressure below the desired value of less than 120/80. Interprofessional team management of hypertension profoundly reduced systolic blood pressure, $p=0.0067$, 95%CI {16.72 to 42.78}. The reduced blood pressures discussed in this presentation support the recommendation for interprofessional team management of hypertension in the family practice clinic.

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