

**Auteure:** Muriel Shewchuk, infirmière autorisée, baccalauréat en sciences infirmières, CPN(C), est consultante en soins périopératoires. Elle vient juste de prendre pris sa retraite après 42 ans dans les domaines de formation et d'administration périopératoires. Muriel est la cofondatrice ainsi que la coprésidente actuelle du Canadian Operating Room Leaders Network (CORL), organisme ayant récemment devenu groupe affilié de l'AIISOC. Muriel sera la représentante du CORL au sein du conseil administratif de l'AIISOC.

## L'AURA POSITIVE

### Elle vous va tr s bien!

L'attitude que vous adoptez peut changer votre vie tout comme votre milieu de travail! Sans égard au nombre de gens autour de vous qui semblent ne vivre que pour se plaindre, VOUS êtes en mesure de rompre le cycle. Vous vous dites peut-être que ce n'est pas à vous de régler les problèmes du monde. Cependant, c'est à vous de rendre agréable votre propre vie, et cela comprend votre milieu de travail. En réglant ce que vous pouvez par l'application de votre attitude positive, vous ne pouvez que partager avec ceux et celles qui vous entourent votre approche positive. Imaginez que vous émettez une aura positive. Vouloir, c'est pouvoir! Alors, quelles sont les clés de l'aura positive?

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## POSITIVE RADIANCE

### The Aura Becomes You!

One's attitude can change your life and your workplace! No matter how many "crankies", or

"BMW's" (not the expensive car, the "Bitch, Moan and Whiners"), you have to work with, YOU can break the cycle. You may feel it is not your job to fix the world. But it is your responsibility to make things good for yourself, and this includes your work environment. By making things right, through the use of your own positive attitude, you cannot help but share those positive vibes with those around you. Imagine a positive aura surrounding you. Mind over matter is very powerful! So what are the keys to this positive radiance?



### Personal Assessment

In order to improve ones attitude, it is important to assess ones current state of mind. It is very easy to plod along day after day, without recognizing the messages that are controlling you and the aura you are exuding. Personal assessment requires a real tough and honest look in the mirror. Ask yourself how you feel about life, home, partners, children, work, and friends. Be honest about what you are contributing at work and what you look like to your colleagues. Try to imagine what they say about you in the locker room after a tough day. What are your challenges in areas such as money, marital discord, testing teenagers, elderly parents, and the demons of drugs and alcohol? What do you do after work? And then make the private list of things that you consider trouble or the cause of unhappiness in your life. Prioritize and group them into three or four categories so that the list does not become overwhelming. Then make a new list that turns these items from problems in to solutions – how are you going to change them or find a new way to deal with them? Even if solutions seem impossible, don't hide behind excuses. Destroy the problem list and keep the positive solutions list in front of you – in your mind, in your car, in your purse, or wherever you will see it often. Repeat the items on it over and over to yourself, so that you eventually start to believe your solutions

are possible. Begin each new day with tons of self-talk! Eventually this turns into a week, then a month, and soon you are in a new mindset that has become automatic.

Do a really accurate personal assessment of your credibility and your clinical skills. Are you really competent? Are you ensuring that standards and policies are followed? Are you setting the best example? Are you considered a Star Performer? Know what your work critics are saying about you – don't keep your head in the sand! Do the surgeons and anaesthetists really want you working with them? What do the newbies, the competent, the struggles, the support staff and your superiors say about you? If there are issues, work to change your attitude and the perceptions of you. It is also important to focus on education and advancement everyday. Remember the patients and their families, as well as your work colleagues, are depending on you to be there and to be at your best.

### Believe in Yourself!

Remember you are smart, compassionate, eager, trustworthy, intelligent, keen, and energetic and many other wonderful things. Or at least you were when you started nursing. If it has changed, try to determine where the positive attributes went – dig them out – they are likely not buried very deep – and put them back in to your daily attitude and aura. Find the words to the old song "I Had It My Way" and tell yourself "Damn I'm Good" – not arrogantly, but in a positive manner. Walk tall. Your motto needs to be "I'm making my life, and this world, a better place!"

### Positive Action

Be a "Star Performer". Arrive early to work, with a smile on your face. Some days you will have to fake it but you likely won't have to fake it for long. Eventually your new attitude will take over and your mind will automatically focus on the positive. Remember, it is very hard to be cranky or mean to someone who is looking you in the eye and smiling ever so nicely. Those around you will be affected by your attitude. And from your perspective, your mind usually focuses on one emotion at a time – if a smile is on your face

it is very hard to be cranky. Smiles rule! Take your breaks with at appropriate times and for the appropriate length of time. Try to always think about your impact on the rest of the team. Be sure they know where you are and that you are there for them. Return when you are expected and assure that everyone you work with gets fair and equitable treatment. At the end of the shift make sure there is no undue hardship for those left behind. Always support your team members by being present, dependable, competent and supportive.

It is important that you have zero tolerance for any abuse of any kind directed at any one. If you witness abuse determine why it is occurring and deal with it immediately, and in a positive manner, so that everyone has their say and is treated in a positive and respectful manner. Follow up to make sure there are no outstanding issues. Use positive techniques to put an instant stop to all rude, demeaning, devaluing interactions. Remember, no one intentionally comes to work to start trouble – find out what the issue is and facilitate an improvement in the situation. Be cautious not to take the monkey on to your own back – make sure you guide the perpetrators toward an acceptable and positive outcome. It may not be your job, but remember you are aiming to make the work place, and your life, a better place. If you can make a contribution, just do it!

Focus your friendly, cheery "Good Morning" on to the sad, the loners, the quiet, the new, your support staff and, above, all the "crankies". Be consistent day after day and make sure you target those that most need a boost and to feel included. When opportunities arise, sit among the "crankies" and bring up a positive conversation in an effort to turn the negative swirl into a positive tide that will engulf all. Put the "crankies" on your team – it will make them feel good – and commend them on the good things they do in a way that others will hear. Working with one crankie at a time might lead to the most success. You may just crack that negative shell. Remember, there is a sensitive person under there who only wants someone to care about them.

Keep track of special events and accomplishments in your colleagues' lives and

## PEARLS OF WISDOM (cont.)

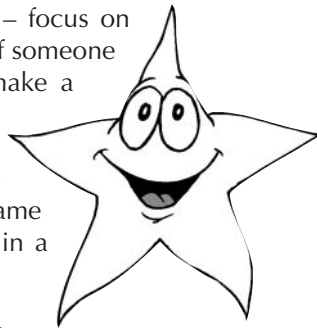
pay attention to tragedies. Write a note, send a card or send some other acknowledgment. The impact of small, caring, gestures, especially in written format, has tremendous value.

Keep the negative stuff in a special imaginary box with a tight lid – only bring it out when absolutely necessary. Deal only with those essential items and get the lid back on. Remember the box is not part of you – you are detached from it. Do not leave the lid off and let the negative fumes escape and corrupt your positive environment – it is a hazard to your health! Build another box of solutions and successes. Take pride in the solution box. When the time is right, get rid of the negative items by moving them into the positive solution box. Do not over discuss, moan about, or regurgitate the past negatives – put them in the wind and send them away forever.

In spite of all your best attempts to be positive there will be times when the hurt feelings penetrate your positive coat. Instead of letting the difficult emotional hurt get to you, step outside yourself and do a constructive analysis of what has happened. Look through the eyes of each person involved and be really honest. What really happened? What led up to the event? How did each person handle it? What were the mitigating factors? What was the fall-out for each person? What is the game plan to recover? All too often we play the “pity me game” with ourselves, without being really honest and objective. Move on and ask yourself what you have to contribute and what you have learned. Do not bottle up negative feelings, as stress is very destructive. If the work environment is pure ugly, and too much to waste your time on, move on to another environment.

Always plan for a good day and a good week – assume it will be positive, no matter what. Talk to yourself on the way to work – don’t worry, the man in the car beside you only thinks you are singing! Develop an inner smile and focus on it! Remember the tremendous power of negative thinking often increases the likelihood of problems. DO NOT ALLOW any negative thoughts in to your mind. Rephrase sentences so that it is the positive side and bury the

negative possibility – focus on what can be done. If someone is being negative make a point of asking what is going well – this will force him or her to reframe his or her thoughts in a positive way.



### **Key Points to Positive Radiance**

- ★ Focus on what you can do – NOT what you can’t do;
- ★ Be the victor NOT the victim;
- ★ Turn bad habits into Good Habits;
- ★ You may not be able to forget, but try to forgive all those who have hurt you. Holding on to it is only destroying you;
- ★ Focus on solutions – even if seems impossible at first thought;
- ★ Mentally, drive only in forward – NO reverse;
- ★ Be aggressive about the positive, prepare to win not lose, but make sure you don’t win at the expense of others;
- ★ Consistently and persistently maintain a positive aura and it will become integral to your being;
- ★ Think enthusiastically, confidently, kindly, and with high integrity; and
- ★ SMILE. Say “Can I Help You” and “THANK YOU” often – and mean it!

### **Summary**

Visualize your positive vibes penetrating the tough alligator skin of the downtrodden “crankies”. By warming their sad soul even just a few degrees a day it will slowly, but surely, improve their attitude and your life. Imagine the strength of a “gang” of positive attitudes and what they could accomplish. Make it your agenda to develop a consistent and strong positive attitude. Use your mind to create a satisfying aura that will surround you in a positive light. We need positive attitude to surround us all! Make it so! ✨

## ORNAC ANNOUNCES. . .

### The 2005 CARDINAL HEALTH RESEARCH GRANT VALUE: up to \$5,000

**WHO**

Available to researchers who meet the criteria as outlined in the **Cardinal Health** Research Grant Guidelines for Applicants (see HOW).

**WHAT**

An annual grant of up to \$5,000 sponsored by **Cardinal Health** and administered by the ORNAC Research Committee.

**WHY**

To promote perioperative nursing research activities and to encourage the integration of research findings into perioperative nursing practice, in order to improve perioperative patient care.

**WHEN**

Application deadline is March 15, 2006. Grant recipients will be selected at the May 2006 ORNAC Board meeting.

**HOW**

Guidelines for Applicants and Application Forms are available from Karen Frenette, Chair of ORNAC Research Committee, at [kfrenette@reg6.health.nb.ca](mailto:kfrenette@reg6.health.nb.ca) or through the ORNAC Website: [www.ornac.ca](http://www.ornac.ca)



## L'AIISOC ANNONCE. . .

### LA BOURSE DE RECHERCHE CARDINAL HEALTH 2005 VALEUR: jusqu'à 5000 \$

**QUI**

Chercheuses et chercheurs satisfaisant aux exigences mentionnées dans le guide d'admission à la bourse de recherche **Cardinal Health** (voir COMMENT).

**QUOI**

Bourse annuelle pouvant atteindre 5000 \$, parrainée par **Cardinal Health** et administrée par le comité de recherche de l'AIISOC.

**POURQUOI**

Promouvoir des activités de recherche et intégrer leurs résultats dans nos pratiques de soins périopératoires dans le but d'améliorer ou de valider ces soins auprès des patients.

**QUAND**

La date limite pour soumettre votre demande est le 15 mars 2006. La sélection des gagnant(es) de la bourse se fera lors de la réunion du conseil d'administration de l'AIISOC de mai 2006.

**COMMENT**

Le guide d'admission et les formulaires d'application sont disponibles auprès de la présidente du comité de recherche, Karen Frenette, par [kfrenette@reg6.health.nb.ca](mailto:kfrenette@reg6.health.nb.ca), ou par le biais du site web de l'AIISOC : [www.ornac.ca](http://www.ornac.ca)

