

Resolution 2
Mississippi Nurses' Association
110th House of Delegates
Virtual Meeting via Zoom

Introduced by: Courtney Bennett, DNP, PMHNP-BC, FNP-BC, Director, Council on Advanced Practice Nursing on behalf of the MNA Board of Directors

RESOLUTION: Commit to Support and Advocate for Registered Nurses and Advanced Practice Registered Nurses Being Leaders in Embracing and Promoting Self-Care

WHEREAS, nurses' health and well-being are affected by workplace demands, and nurses' well-being affects their work and the people for whom they care, and as it has in so many other areas, COVID-19 has imposed new challenges for nurses' well-being¹; and

WHEREAS, mental health issues, including stress, burnout, and depression, are common among nurses, and all nurses are confronted with ethical challenges that potentiate moral suffering, including moral distress or moral injury¹; and

WHEREAS, American nurses' physical health is often worse than that of the general population, especially regarding nutrition, sleep, and physical activity, and nurses are at higher risk for suicide than the general population¹; and

WHEREAS, the World Health Organization defines Self-Care as "What people do for themselves to establish and maintain health, and to prevent and deal with illness"; and

WHEREAS, the American Nurses Association (ANA) defines a healthy nurse as one who actively focuses on creating and maintaining a balance and synergy of physical, intellectual, emotional, social, spiritual, personal and professional wellbeing²; and

WHEREAS, the ANA's *Code of Ethics for Nurses with Interpretive Statements* specifies that the nurse owes the same duties to self as to others, including the responsibility to promote health and safety³; and

¹ National Academies of Sciences, Engineering, and Medicine. (2021). The future of nursing 2020–2030: Charting a path to achieve health equity. Washington, DC: The National Academies Press. <https://doi.org/10.17226/25982>.

² American Nurses Association. (2020). Healthy Nurse Healthy Nation.TM <http://www.nursingworld.org/MainMenuCategories/WorkplaceSafety/Healthy-Nurse>

³ American Nurses Association. (2015). Code of ethics for nurses with interpretive statements. Silver Spring, MD: Author.

Resolution 2, continued

WHEREAS, the purposes of the Mississippi Nurses' Association include promoting and protecting the professional development of nurses⁴; and

WHEREAS, the functions of the Mississippi Nurses' Association include promoting and protecting the professional environment of nurses⁵; and

WHEREAS, the functions of the Mississippi Nurses' Association include providing nursing leadership in the State⁶.

THEREFORE, BE IT RESOLVED that the Mississippi Nurses' Association, commits to increase awareness of the importance of registered nurses and advanced practice registered nurses as leaders in embracing personal self-care and encouraging colleagues to practice self-care, as appropriate, through publication of articles in the *MS RN*, and information dissemination via electronic media, *Thriving and Surviving* and similar webinars, and continuing education events. Such efforts demonstrate the importance of the safety, health, and wellbeing of registered nurses and advanced practice registered nurses of the great state of Mississippi and beyond.

⁴ Mississippi Nurses Association (MNA). (2014). By laws: Article 1, Section 2.A. Madison, MS: Author.
<https://www.msnurses.org/wp-content/uploads/2019/03/MNA-Bylaws-Final-as-voted-on-at-2014-convention.pdf>

⁵ Mississippi Nurses Association (MNA). (2014). By laws: Article 1, Section 3.F. Madison, MS: Author.
<https://www.msnurses.org/wp-content/uploads/2019/03/MNA-Bylaws-Final-as-voted-on-at-2014-convention.pdf>

⁶ Mississippi Nurses Association (MNA). (2014). By laws: Article 1, Section 3.H. Madison, MS: Author.
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