



**We're School Nurses, Hear Us Roar:
Embracing Power, Advocacy, and Influence**

WASN Conference 2023
Green Bay

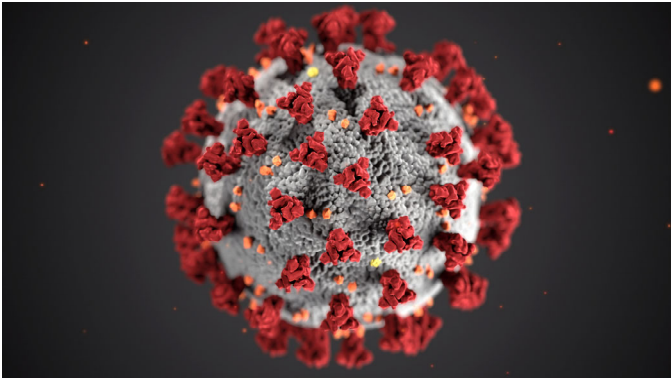
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1

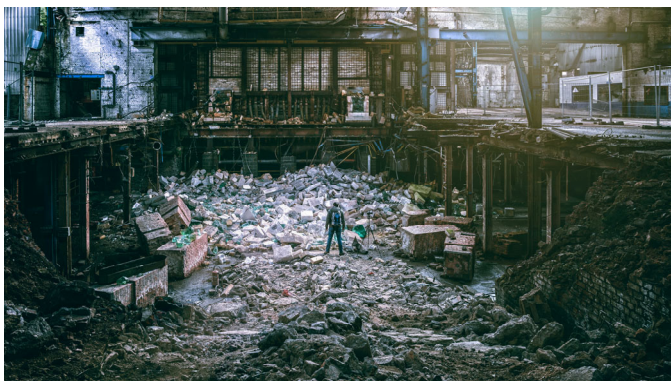


The 21st-century world is a
complex place

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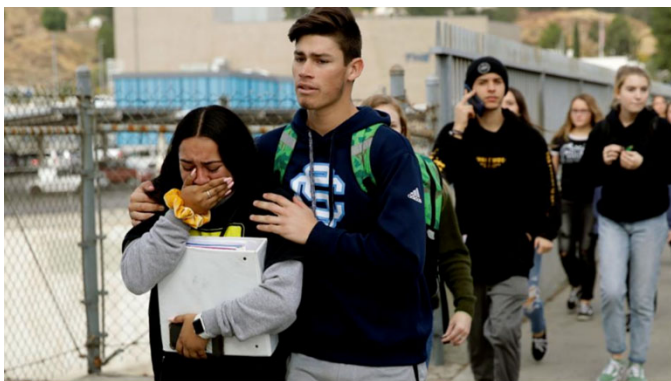
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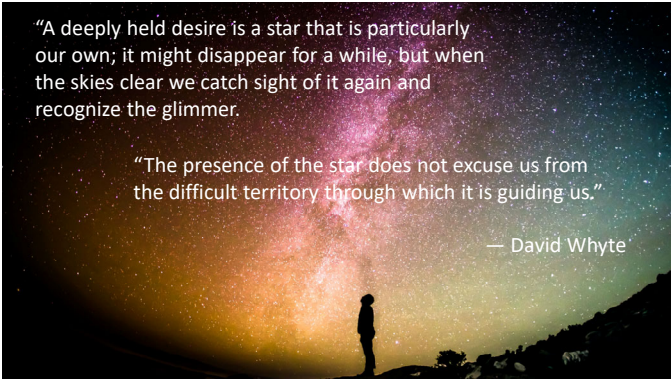
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6



"A deeply held desire is a star that is particularly our own; it might disappear for a while, but when the skies clear we catch sight of it again and recognize the glimmer.

"The presence of the star does not excuse us from the difficult territory through which it is guiding us."

— David Whyte

7



"You can't stop the waves, but you can learn to surf."

--Jon Kabat-Zinn

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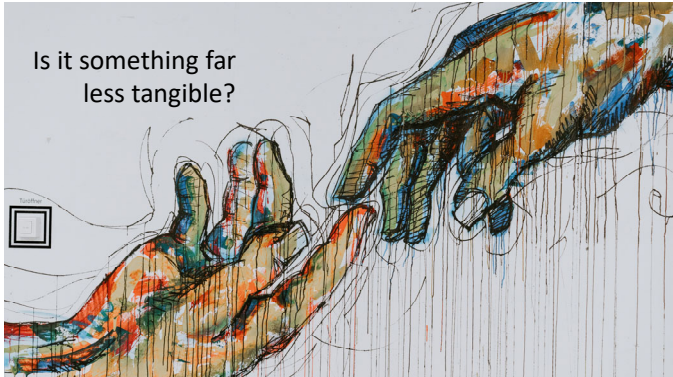
15

Is it caring or compassion?



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Is it something far
less tangible?



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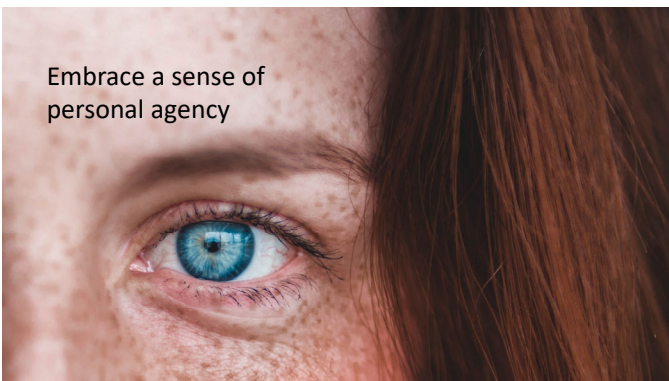
How do we measure
the worth of what
you do?

19



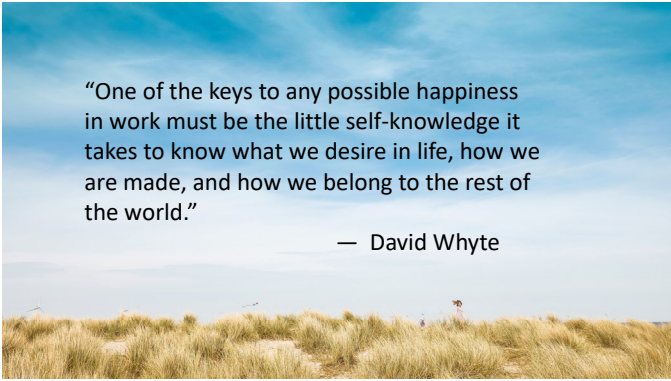
Got recognition?

20



Embrace a sense of
personal agency

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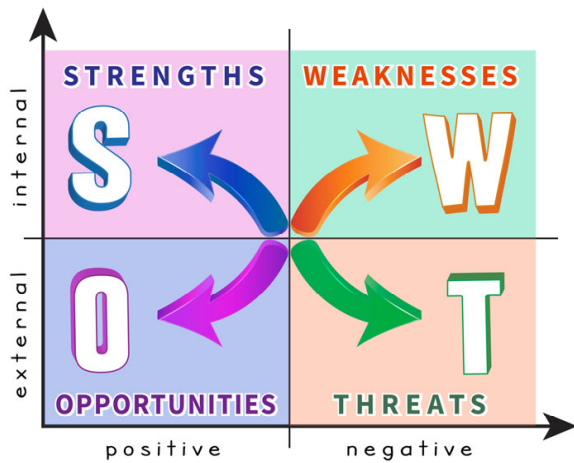
24



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27

	Strongly disagree	Disagree	Agree	Strongly agree
I feel that I am a person of worth, at least on an equal plane with others.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel that I have a number of good qualities.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
All in all, I am inclined to feel that I am a failure.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am able to do things as well as most other people.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel I do not have much to be proud of.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I take a positive attitude toward myself.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
On the whole, I am satisfied with myself.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I wish I could have more respect for myself.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I certainly feel useless at times.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
At times I think I am no good at all.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

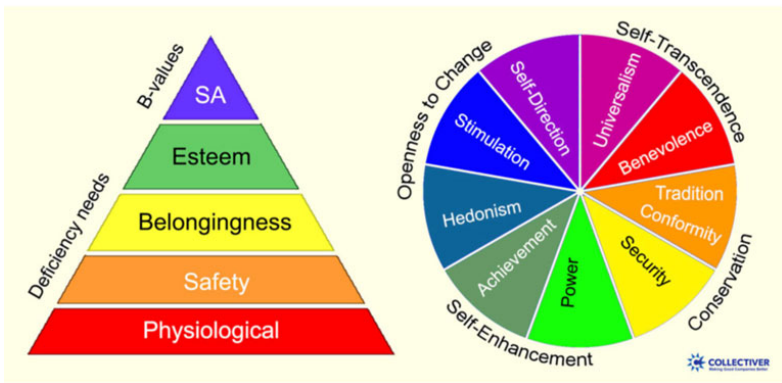
The Rosenberg Self Esteem Scale
<https://openpsychometrics.org/tests/RSE.php>

28

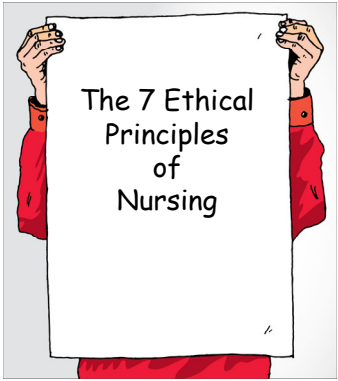
Evidence-based resilience scales

- The Connor-Davidson Resilience Scale (CD_RISC)
- The Resilience Scale for Adults (RSA)
- The Scale of Predictive Factors
- Predictive 6-Factor Resilience Scale

29



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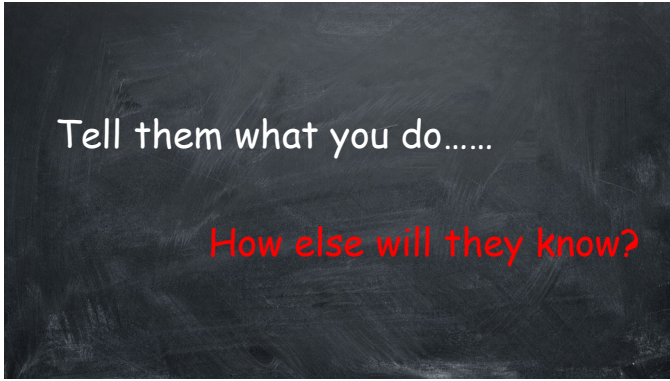
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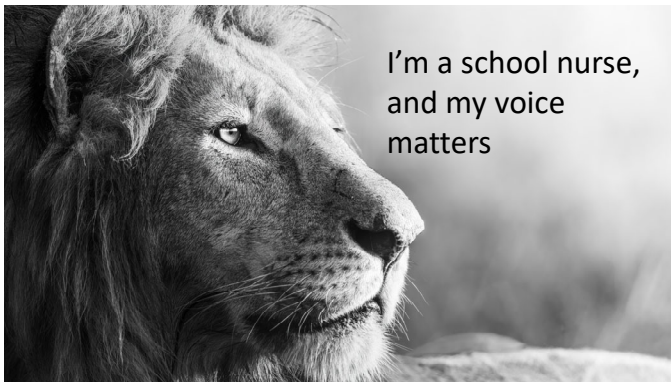
38



39



40



41



42
