



2023

# NURSES MONTH KIT



# You Make a Difference

## THIS YEAR'S THEME

"You Make a Difference" is the 2023 Nurses Month theme, which was chosen to encourage nurses, other health care professionals, employers, community leaders, and the public to recognize and promote the vast contributions and positive impact of America's nurses.



## NURSES WEEK DISCOUNT!

To show our appreciation and to say thanks for all you do, HPNA is offering 15% off all educational resources during nurses week, May 6-12, 2023.

Enter promo code [NURSESROCK23](#) at checkout to redeem the discount.

The 15% discount may be used to purchase the following items:

- Publications
- POLARIS eLearning modules
- eLearning courses
- Certification prep material
- Certification pins



# May 1-7

## Self-Care

### **eLearning Courses**

- [Supporting Caregivers in Times of Crisis](#)
- [Taking Care of our Patients, Ourselves, and our Families](#)
- [Nurse Self-Care in Times of Crisis](#)

### **POLARIS RN - Module 13: Self-Care Strategies**

### **POLARIS APRN - Professionalism and Personal Well-Being**

### **Nursing Resource Guide**

[Cultivating Self-Awareness](#)

### **HPNA Podcast**

[Self-Care in Times of Crisis](#)



# May 8-14 Recognition

## **Say thanks with a printable postcard**

Show your appreciation for a nurse or nurses in your life with a printable post card (located at the end of this kit). This could be a co-worker, your staff, a mentor, an educator, or someone else you just want to say "thanks" to.

## **Named Gifts and Tributes**

Consider giving a named gift or tribute to the Hospice and Palliative Nurses Foundation (HPNF) in recognition and in celebration of someone you are thankful for!

## **Fellow in Palliative Care Nursing (FPCN)**

Don't forget to recognize yourself!

Apply to become a Fellow in Palliative Care Nursing.

Applications are due July 31, 2023. This prestigious designation recognizes nurses who have promoted and advanced both HPNA and the specialty of hospice and palliative nursing.



## **Advocacy Call to Action:**

### **Improving Access and Care to Nurses (ICAN) Act**

Advocacy efforts raise awareness and bring recognition to the specialty of hospice and palliative nursing. The ICAN Act, removes barriers that restrict APRNs from practicing to the full extent of their education and training. Use HPNA's Advocacy Action Center to contact your legislative representative and ask them to co-sponsor the legislation. It only takes a minute!

# May 15-21

## Professional Development

### Free Online Education for HPNA Members

- [eLearning courses](#)
- [POLARIS Pain Management modules](#)
- [Nursing Resource Guides \(NRGs\)](#)
- [Journal of Hospice and Palliative Nursing](#)

### Leadership Education

- [POLARIS Leadership Modules](#)
- [Leadership eLearning courses](#)
- [NRG: Tips to Develop Into a Strong Nurse Leader](#)
- [Podcast: A Leadership Journey in Palliative Care](#)

### Mentor Program

[Sign up as a mentor or mentee today!](#)

### Expert Directory

Share your skills with other HPNA members by completing your [Expert Directory profile](#).

### Upcoming Events

Attending a professional conference or workshop is a great way to increase your skills and grow in your professional practice. [We hope you'll join us for an upcoming event.](#)



# May 22-31 Engagement

## **Join an HPNA chapter**

[Find your local chapter here.](#)

## **HPNA Member Open Forum**

Ask a question, weigh in on discussions, chat, and make connections with your HPNA member community in the [open forum](#).

## **Special Interest Groups (SIGs)**

## **Volunteer**

HPNA always has a volunteer opportunity available! [View the full list and apply for something you like.](#)

## **Share Your Story**

Help others by sharing your story! HPNA is looking for member submissions in the form of blog posts, quotes, testimonials, or videos. We are also looking for subject matter experts to participate in an Instagram takeover, Podcast, assist in the creation of HPNA educational material, or to present an upcoming event. Email [communications@hpna.org](mailto:communications@hpna.org) to express interest or share your story.



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Difference**

**THANK  
YOU**





THE DIFFERENCE YOU  
MAKE MAKES ALL THE  
DIFFERENCE