

	<p>Respiratory Care - What Have I Gotten Myself Into?</p> <p>Ken Thigpen, BS, RRT, FAARC Administrative Director – Pulmonary Services St. Dominic Hospital, Jackson, Mississippi</p>

	<p>Why did you decide to become a Respiratory Therapist?</p>

	<p>My story . . .</p>

	I've been in this field over 25 years and I can't imagine enjoying anything more than I enjoy what we do!

	How many of you want to really be successful?

	Could you successfully navigate a minefield if someone gave you a map with coordinates of where the landmines were?

	<p>Working in healthcare can be a bit like walking through a minefield at times.</p> <p>How many of you wish you had a map to learn how to make it through alive?</p>

	<p>Four Simple Rules for Being a Successful Respiratory Therapist</p>
	<ul style="list-style-type: none"> ■ Commit to taking exceptional care of your patients ■ Commit to taking exceptional care of your coworkers and teammates ■ Commit to coming to work on the days you're scheduled ■ Commit to coming to work on time

	<p>Commit to taking exceptional care of your patients. . .</p>
	<ul style="list-style-type: none"> ■ Verify what you're supposed to be doing for your patient ■ Introduce yourself every time you walk in the room and tell them why you're there ■ Look beyond the surface – invest in your patient. Assess, assess, assess. . . ■ Practice what you've learned in school ■ Take care of all the documentation/hand-off, etc. that is commensurate with delivery of the highest degrees of care ■ Refuse to cave into the negativism of teammates

	<p>Commit to taking exceptional care of your coworkers . . .</p>
	<ul style="list-style-type: none"> ■ Bring your "A-Game" to work everyday ■ Check on your teammates when your work is done ■ Use charting and supply courtesies – leave things for others like you like to find them ■ Develop a thorough report to help them avoid surprises ■ Anticipate whatever needs you can for your coworkers and oncoming shift ■ Seek opportunities to make a difference

	<p>God gave us two hands – one for helping ourselves, one for helping others. . . Author unknown</p>

	<p>Come to work on the days you're scheduled . . .</p>
	<ul style="list-style-type: none"> ■ You wouldn't be scheduled if you weren't needed ■ It's a lot easier to take exceptional care of your patients and coworkers when everyone is there! ■ When your not there, something goes undone or at least gets delayed

	<p>Come to work on time. . .</p>
	<ul style="list-style-type: none"> ■ You're relieving someone who is ready to go home – they've been up all day or night! ■ Being someone who can be depended on takes a lot of pressure off of your teammates ■ Most institutions are becoming less and less tolerant of those folks who create overtime, and other avoidable issues with the delivery of care associated with a lack of concern by employees

	<p>Some other general pointers. . .</p>

	<p>Remember your science - The evidence-base is your friend!</p> <p>Nebulizer Therapy Ventilator Liberation Resuscitation</p>

	Stay grounded in the magic!

	Always remember this . . .
	<ul style="list-style-type: none">■ "People don't care how much you know until they know how much you care."<ul style="list-style-type: none">■ Zig Ziglar

	Set some reasonable expectations as you begin your career. Chances are, you'll start a bit low on the totem pole . . .
	<ul style="list-style-type: none">■ Expect to work night shift■ Expect to work a lot of weekends■ Expect to work a lot of holidays■ Remember everyone had to start somewhere – it won't always be this way■ If you expect these things and they don't happen, you can be thankful because you were prepared for the challenges and they didn't come!

	Five Rules for a Successful Career (and Life) - How to Enjoy Life on the Bus! - Jon Gordon
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	1. Stay Positive - Our "certainty" must be greater than others' "doubt".
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	Strategies for Staying Positive
	<ul style="list-style-type: none">■ Start your day with gratitude (Ultimately, we're all too blessed to be stressed!)■ Focus on what we "get" to do instead of what we "have" to do■ Think like a golfer – focus on the great shot! (consistently remind yourself "what went well today" <u>every day!</u>)■ "No Complaining Rule" – refuse to complain to or about anyone or anything unless you have a potential solution

	<p>2. Have a vision for the road ahead! Share it with others! Invite them along for the ride!</p>
	<ul style="list-style-type: none"> ■ Even though you may be relatively new in the field, it's important to have a vision for your future. ■ Remember, if you fail to plan, you plan to fail! ■ Develop your vision, drive your own bus, contribute to the mission and values of whoever you're working with!

	<p>My vision when I was in your shoes . . .</p>

	<p>Be sure and remember the words of Albert Einstein . . .</p> <p>"Vision without execution is hallucination!"</p>

	<h3>3. Bring out the best in others!</h3>
	<ul style="list-style-type: none"> ■ Encourage ■ Uplift ■ Inspire ■ Focus on solutions ■ Mentor

	<h3>4. Drive with Purpose</h3>
	<ul style="list-style-type: none"> ■ Your purpose lives through you as you live out your purpose! ■ Develop positive relationships with your teammates!

	<h3>5. Enjoy the ride!</h3> <p>Get Involved! Make a difference! Have a great career and a great life!</p>
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	A few closing thoughts. . .
	<ul style="list-style-type: none"> ■ "Why bother complaining? 80% of the people you tell don't care and the other 20% are glad you've got problems!" – Lou Holtz ■ "It's easy to make a buck – it's a lot tougher to make a difference. . ." <ul style="list-style-type: none"> ■ - Tom Brokaw

	The Bottom Line . . .
	<ul style="list-style-type: none"> ■ "And whatever you do, do it with all your heart, as to the Lord and not unto men . . ." Colossians 3:23 ■ "Commit your work to the Lord, and then your plans will succeed." Proverbs 16:3

	Thanks!
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