

CHANGE

Life is full of change. Depending on the nature of the change, depends on how it is perceived and interpreted. The first responses of the majority, view change as negative especially if it may impact the workplace. This negative response is usually decided before the complete story or potential impact is made aware.

The definition of change is - to give a completely different form or appearance to something

- to exchange or replace for another
- to transfer from one form to another
- to put a fresh covering on
- to undergo transformation

(The American Heritage dictionary of the English Language ,fourth edition ,copyright 2000 by Houghten Mifflin Company ,updated 2009)

As an AHS employee for the last 27 years ,I have observed and been involved in several changes during this time. As always one wonders about the change, is this going to work? , how long will it take? , is it for the better good? , is it going to last?

"Some changes look negative on the surface, but you will soon realize that space is being created in your life for something new to new to emerge " Eckhart Tolle

I have always looked at change with an accepting attitude ,even though , at times, it is hard to see the Big Picture. If you can understand the why, the picture becomes clearer and a positive result ensues.

Change keeps people thinking and motivated, and less stagnant .People need that change to enhance their personal life or their professional life, which sometimes affect each other.

Acknowledging that you need a change is the first step.

"Change will not come if we wait for some other person, or if we wait for some other time, we are the ones we've been waiting for, we are the change that we seek" Barack Obama

Recently I made that first step for change, the time had come. For 26 years of my 27 years as a registered nurse, I have made my career in the perioperative specialty. I have worked as a staff nurse, nurse clinician and as a unit manager, all in the perioperative field and all, at the Calgary General and the Peter Lougheed Hospitals. Even

though I enjoyed my position as unit manager and had learned a great deal, I always felt like I was missing something. That something was the clinical part of perioperative nursing. So to fulfill my need, not only personally, but professionally as well, I needed to make that change, and that change was my career path. I took a leap to be out of my comfort zone and I accepted a position at South Health Campus as a Clinical Nurse Educator in the OR.

"Stepping onto a brand new path is difficult, but not more difficult than remaining in a situation which is not nurturing to the whole person" Maya Angelon.

I am a couple weeks into this position now, even though I am nervous, I am also excited, and feel refreshed as I embark on my new adventure. I made the change, I did it for me, and I have put a fresh covering on.

Change is good, it is refreshing and uplifting, everyone should give it a try.

"Be the change that you wish to see in the world" Gandi

Marina Hutchinson
Clinical Nurse Educator, SHC