



Nursing Professional Self-Pledge

I, Heather Schurman, recognize that as a nurse, I have a professional commitment to myself. I will honor this commitment by: (give a minimum of two actions you will take to fulfill a professional commitment to yourself such as actions you might take to demonstrate a commitment to life-long learning, self-care or developing resilience)

I will continue to work hard to continue my education, I will continue to help take care of myself by losing weight, becoming healthier in all ways

I recognize that I also have a professional commitment to the profession of nursing. I will honor this commitment by: (give a minimum of two actions you will take to fulfill a professional commitment to nursing such as actions you might take to advance the science of nursing, care for vulnerable populations or advocacy)

I will go and volunteer on my days off to help others in need. I will make sure to research the best ways of doing a procedure making sure it is up to date

I accept that I am responsible for presenting a positive and professional image of nursing. Ways that I will honor this commitment will include: (give a minimum of two actions you will take to present a positive and professional image of nursing such as conduct, language, or appearance)

I will go to work dressed appropriately scrubs are cleaned and irons, haired is done up nicely. I will use professional language even when I am not around any patients

The profession of nursing is one that requires adherence to an established code of ethics. I will uphold these ideals to ensure the care I provide those I care for receive the highest quality of care I can give. As a student of nursing, I believe this commitment begins now. Therefore, I pledge to uphold these commitments to professionalism to the best of my abilities from this point in my nursing education and continuing throughout my career as a nurse.

Signature: *Heather Schurman*

Date: 5/10/24