

Lakeview College of Nursing
N441, Med-Surg III
Carle Med-Surg Nursing Conference Journal

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Journal of observation:

I went to the Carle Med-Surg Nursing Conference on February 21st, 2020. It was the first time I attend the nursing conference, and I was surprised that there were so many nurses attended to the conference. There were five speakers throughout the day, each of them had very interesting topic from their professional field.

Among all the speakers I was impressed the most was Kati Kleber, MSN, RN, her topic was "How to provide authentic empathy while caring for yourself." She stated there are four elements to really care, sympathy empathy, compassion, and self-compassion. She emphasized there is a difference between sympathy and empathy, the importance of empathy has four components, they are 1. take a unique perspective. 2. withhold the judgement. 3. literary understand their feelings. 4. communicate to understand the clients. She provided many therapeutic communication to the clients, such as reassure the safe space, silence, reflective listening, be truthful, and provide yourself to the presence. They are so much more effective than providing knowledges and logics, silver lines and solution or strategies. All these lines are I remembered from some textbooks, however, when the nurse speaking out of her own experiences it was so powerful and inspiring.

Overall, it was a wonderful experience to attending the nursing conference. Although each of the speaker had wonderful speech, Kati Kleber, MSN, RN impressed me the most. I learn the ways to communicate and understand, or provide myself to the clients, and I hope I can really provide myself to every client I meet in the nursing career.